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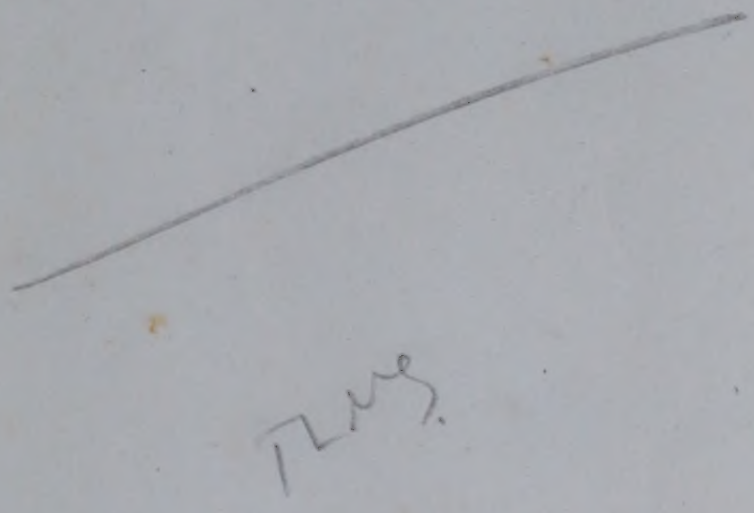

VOLUME II

FOOD PREPARATION

PART I—B-RATION MANUAL

PART II—FISH COOKERY AND

REFERENCE MANUAL

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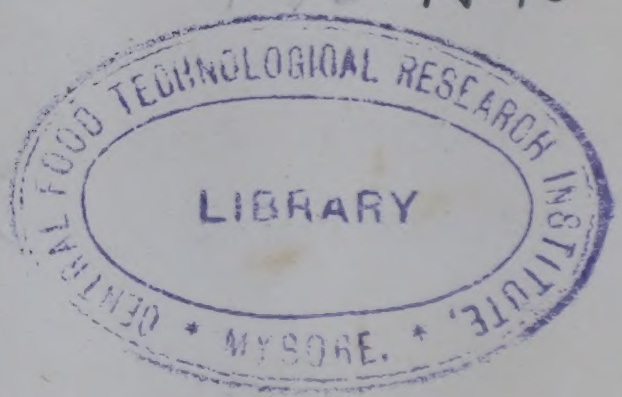

FOREWORD

Every good cook is an artist. His medium is food. The prized recipes of famous chefs indicate to even the casual observer that the cook, like the artist, can exercise his imagination in achieving his results. The expert addition of a handful of this and a pinch of that distinguishes the good cook from the amateur. Although the cook himself will always be the controlling factor in the achievement of appetizing and savory dishes, some of the secrets of good cookery can be preserved in recipes. In our day, in fact, because of the wide variety of foods we now enjoy and because of the many new methods of processing them, the recipe book is almost indispensable.

Since a large part of our Armed Forces subsist on B rations, Part I of this manual is designed to furnish a comprehensive list of appetizing dishes that may be made from its components. Dehydrated vegetables are simple to prepare if instructions are followed. It should be remembered, however, that there are uncooked and precooked dehydrated vegetables. The uncooked must be simmered with the correct amount of water to effect their proper reconstitution. The cooking takes place simultaneously. The precooked, as a rule, require only the correct amount of water and a short soaking period.

The recipes in this manual have been tested using Army-issue commodities, utensils, and equipment. Limited facilities and limited ingredients, which may be encountered in some theatres of operation, have been considered.

The list of recipes fills a long felt need of Army cooks, mess officers, and mess supervisors for additional information about and recipes for dehydrated products.

Part II of the manual deals with Fish Cookery. Most varieties of both salt and fresh water fish are abundant during one season of the year and appear on the market in greatest quantity during that time, but with the advent of frozen fish almost all varieties are now available out of season. Fish, a food of great nutritional merit, might well be made a more popular item in the menu.

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PART I

B-RATION MANUAL

MARION C. BOLLMAN
Home Economist

First Edition

1 March 1946

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SECTION I

INTRODUCTION

1. GENERAL.—*a. Components of Field Ration B.*—The components of Field Ration B are all of a non-perishable nature. Canned or processed items and dehydrated or dried products have been substituted for the perishable items on Field Ration A. Many special products have recently been added that are adapted especially to the conservation of shipping space and to long storage and rough handling conditions.

b. Emphasis on dehydrated foods.—The dehydrated and the special products require specific instructions for preparation and careful care in handling to obtain a good finished product. This manual therefore stresses the preparation of these items and does not completely cover the preparation of all the components of B ration.

c. Dehydrated foods described.—Dehydrated foods are fresh foods from which most of the water has been removed. The dehydrated products are first carefully cleaned of inedible portions such as peels, cores, seeds, and stems, and the water is then removed by a scientifically controlled process so that the original food value, flavor, and texture are retained.

2. ADVANTAGES OF DEHYDRATED FOODS.—*a. Conservation of shipping and storage space.*—Since elimination of the inedible parts and a large percentage of the water results in a great saving of weight and volume, the use of dehydrated products makes it possible for the Army to transport an extensive variety of food in limited shipping space. Dehydrated foods also require less storage space than other processed foods. In time of war, when transportation and storage facilities are overtaxed, this saving is of special importance.

b. Keeping qualities.—(1) Dehydrated foods should be classed as perishable items, although the rate of deterioration probably is slower in foods preserved by this method than it is with other methods of preservation. The microorganisms responsible for spoilage require moisture for activity and multiplication. The low moisture content of dehydrated foods not only inhibits the growth of these organisms but also prevents the food from freezing, even at extremely low temperatures.

(2) If held in airtight, insectproof containers, dehydrated foods will keep at moderate temperatures for an indefinite period of time. Foods preserved by other methods present problems when stored at freezing or thawing temperatures.

c. Labor savings.—(1) The reduced bulk of dehydrated foods saves labor in handling, storing, and transporting them.

(2) The practice of cleaning and cutting dehydrated foods before drying saves much time and labor in preparing the food for the mess.

d. Savings of vital war materials.—Dehyrated foods require a minimum of steel plate, tin, solder, and intricate machinery for processing and packing. This effects a saving of critical or vital materials, which may be released for other war production.

3. NUTRITIVE VALUE.—Modern improved methods of dehydration preserve practically all of the original nutrient constituents. The nutritive value of a dehydrated product compares very favorably with that of the same product after canning.

4. STORAGE.—*a.* Storage conditions will affect the length of time dehydrated foods can be kept as well as the quality of the reconstituted product. Dehydrated foods in general should be stored in a cool, dry place. The ideal temperatures for storage are from 50° to 65° F. Higher storage temperatures will increase the rate of deterioration. Evidences of deterioration in dehydrated foods are a darkening of color, off-flavors and odors, and poor reconstitution qualities.

b. The stock of dehydrated food should be rotated so that every dehydrated product is stored the minimum period of time. Opened cans of dehydrated food should be used immediately or the unused contents transferred to containers with sealed covers.

SECTION II

RECONSTITUTION OF DEHYDRATED FOODS

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5. GENERAL.—Reconstitution is the process of restoring water to dehydrated foods. The quantity of moisture which will be absorbed by dehydrated foods varies. Water absorption is dependent upon the characteristics of the original product and the peculiarities of both the dehydration and reconstitution procedures.

6. FACTORS INFLUENCING RECONSTITUTION.—*a. Condition of the vegetable before dehydration.*—The variety of the plant, the degree of maturity or harvesting time, and the climatic conditions during the plant's growth are variables which influence reconstitution. Consequently, dehydrated vegetables of the same type will differ in water absorption from shipment to shipment and from season to season.

b. Method of dehydration.—If good results are to be obtained after reconstitution, the methods and temperatures used during all the steps of dehydration must be carefully controlled. There is very little variation in the dehydration process in this country, however, because uniform methods have been established which are carefully controlled by inspection.

c. Method of reconstitution.—The method of reconstitution is the most important factor influencing the quality of the finished product. The methods which have been tested over a long period of time, and have proved to be quickest, easiest, and most efficient, are described in the following paragraphs.

7. RECONSTITUTION OF DEHYDRATED FOODS.—*a.* To reconstitute such vegetables as julienne or cubed beets, shredded cabbage, cubed carrots, flaked onions, sliced or cubed sweet potatoes, and julienne or cubed white potatoes, proceed as follows:

(1) *Measure dehydrated vegetables carefully.*—The weights and measures given in the tables and recipes for dehydrated vegetables are based upon many tests. All the measurements are level; they should be followed closely since all other ingredients of the recipes are given in proportionate quantities.

(2) *Use correct quantity of water at room temperature.*—The quantity of water used should be carefully controlled if the best results are to be obtained. The use of insufficient water will result in poor reconstitution and the product will have a hard and rubbery texture. The use of too much water will necessitate the draining of large quantities of surplus water, with resultant loss of flavor, color, and nutritive value. Be careful to use water at room temperature.

(3) *Soak for a short period.*—A short soaking period of approximately

20 to 40 minutes is advisable, so that the product can absorb some water before heat is applied. Dehydrated products that are reconstituted without soaking will have less water absorption and poorer texture. Prolonged soaking periods are to be avoided because of the danger of contamination, spoilage, and off-flavors. Never soak vegetables overnight.

(4) *Bring slowly to a boil.*—The reconstitution of vegetables is a process that requires a period of time. This process cannot be successfully hurried by using a high heat or boiling water. The best results are obtained if the vegetables are placed in water and the water is brought to a boil at a rate that requires about 45 minutes for a quantity yielding 100 portions. All vegetables except the strong-flavored vegetables, such as cabbage, should be cooked in a covered utensil. The large insert pot of the Army gasoline field range should be used.

(5) *Simmer until tender.*—*(a)* The vegetables should be permitted to simmer until tender. (To simmer vegetables is to bring them to a temperature just below the boiling point.) Avoid a hard or rollicking boil, as it will cause the vegetables to become mushy and disintegrate in the water. The flame of the gasoline range should always be adjusted accordingly.

(b) The simmering time required for tenderness varies with the type of vegetable and the dehydration process. After simmering, the vegetable should always be tested with a fork to ascertain its tenderness. If the vegetable is still tough and rubbery, it should be cooked longer. Watch the vegetables carefully to prevent their being overcooked. Overcooked vegetables become mushy and result in dishes of poor texture and appearance.

(6) *Drain and save surplus water.*—A small quantity of surplus water is necessary if proper reconstitution is to be accomplished. This surplus water should either be served with the vegetable or drained and used as a stock in the preparation of such items as soups and gravies, for it contains valuable nutrients and desirable flavor. Because of the danger of spoilage, this liquid should not be held overnight.

8. RECONSTITUTION OF PRECOOKED DEHYDRATED FOODS.—Precooked dehydrated foods are cooked before dehydration. They cannot be prepared by the same general methods as uncooked dehydrated foods (see par. 7), since they do not require further cooking but only reconstitution. Among the precooked dehydrated foods are potato shreds and dehydrated soups. Precooked potato shreds, for example, are reconstituted by adding hot water, holding for a short period, and then mashing.

9. SPECIAL RECONSTITUTION METHODS.—*a. Omitting the soaking period.*—Some foods, such as dehydrated apple nuggets and cran-

berries, do not require a soaking period. When handling products of this type, it is necessary only to measure the item and the water, bring slowly to a boil, and simmer until tender. The juice or surplus water is not drained but is served with the reconstituted product.

b. Omitting the cooking period.—To reconstitute vegetables for salads (for example, cabbage for cabbage slaw), the cooking period is eliminated and reconstitution is accomplished by a soaking period alone. When using this method of reconstitution, simply measure the product and the water and allow the vegetables to soak until reconstituted. Nothing further is required. The soaking period usually has to be lengthened to obtain full reconstitution.

10. DEHYDRATED EGGS.—*a. General.*—(1) Flavorful, wholesome, and acceptable egg dishes can be made from dehydrated whole eggs. Care in storage and preparation, however, is very necessary.

(2) Since dehydrated eggs are perishable, they should be stored in a cool place and issued as soon as possible. The ideal storage temperature is 50° F.

(3) The proper preparation of dehydrated eggs is extremely important. While great care is taken to serve shell eggs just as the men want them, cooks often treat dehydrated eggs carelessly instead of giving them special attention in preparation. Dehydrated eggs should not be prepared in large batches, which are difficult to reconstitute and cook. Dishes of scrambled eggs prepared in quantities sufficient for groups of 25 men give the best results. Seasonings, meats, cheese, and flavorful sauces combined with scrambled eggs will add flavor and in addition lend variety to the egg dishes.

b. Reconstitution.—Proceed as follows in reconstituting dehydrated eggs:

(1) Beat the dry powder with a wire whip or a slit spoon to break up any lumps. This will also make the egg powder fluffy and easier to dissolve. Undissolved egg lumps in a dish make it unpalatable.

(2) Pour one-third of the required amount of water at room temperature into a suitable utensil.

(3) Add the powdered eggs.

(4) Beat vigorously with a wire whip until a smooth paste is formed. (Tip pot to help eliminate lumps.)

(5) When the mix is perfectly smooth, add the remaining water slowly and mix thoroughly.

(6) A strainer may be improvised by punching small holes from the inside in the bottom of a No. 10 can with an ice pick or nail. Pouring the reconstituted eggs through this improvised strainer will remove any remaining lumps.

(7) Reconstituted (liquid) eggs should be used within 1 hour. Never hold them overnight.

c. Special instructions for cooking.—(1) Never pour more than a 1-inch layer of liquid eggs into a pan. A thicker layer will take longer to cook, and the product will have a poor texture and appearance.

(2) Always remove scrambled egg dishes while they are soft, as the eggs will continue to thicken because of the retained heat. Allowing eggs to cook to completion over the fire will result in an overcooked product of inferior flavor and texture.

(3) Always use a low heat when cooking dishes containing eggs, such as custards. The texture will be tough and rubbery if the product is cooked at too high a temperature.

11. DEHYDRATED WHOLE MILK.— *a. General.*— (1) Dehydrated or powdered whole milk can be used as a beverage in place of fresh milk and in any recipe or baking formula requiring milk.

(2) Milk powder is susceptible to air, sunlight, moisture, and heat, and should be stored in a cool, dry place. Though it will keep for long periods of time, it is important to use it as quickly as possible. Care should be taken to rotate the stock so that the milk will not remain in storage for too long a time.

(3) Dehydrated milk should not be allowed to stand for any length of time in open containers. After being opened, the containers should be covered or the contents transferred to another container that can be sealed and then if possible stored under refrigeration. When using containers with liners, twist the liner to help protect the contents before replacing the cover.

b. Reconstitution.—(1) The aim in the reconstitution process is to restore the original moisture content, flavor, and texture of the fresh product.

(2) The volume ratio for reconstitution is 1 pint of milk powder to approximately 3¾ pints of water. The following table gives the ratio of water and dehydrated milk to use for reconstitution:

Dehydrated milk (quarts)	Water (quarts)	Volume of reconstituted milk (quarts)
¼	1	1
1	3¾	4
2	7½	8
3	11¼	12
4	15	16
5	18¾	20
8	30	32

(3) Two methods of reconstitution that will give the best results are as follows:

(a) Method No. 1.—1. Sift the dry milk powder or beat with a wire whip.

2. Measure the correct quantity of water at room temperature (70° to 85° F.) into a large container. (Do not use ice cold or hot water.)

3. Add the milk slowly by sprinkling the powder over the surface of the water.

4. Beat vigorously until thoroughly dissolved.

(b) Method No. 2.—1. Measure the correct quantity of powdered milk into a suitable container.

2. Add a small quantity of water at room temperature and stir to make a smooth paste.

3. When the mixture is perfectly smooth, beat in the remainder of the water.

(4) The flavor of the milk can be improved by aerating, by pouring from one container to another, or by whipping several times before serving.

(5) It is permissible to reconstitute milk in advance, as reconstitution several hours before using increases the palatability. The milk powder may be reconstituted the night before using and given time to chill only if excellent refrigeration is available.

12. DEHYDRATED ICE-CREAM MIX.—*a. General.*—Ice cream may be prepared from dehydrated powdered ice-cream mix or ice-cream paste. Dehydrated ice-cream mix contains all the basic ingredients necessary to prepare ice cream. One 4½-pound can contains sufficient ice-cream powder to make 2½ gallons of ice cream. Ice-cream paste is packed in larger sized cans. One 12-pound can of ice-cream paste will make 5 gallons of ice cream.

b. Reconstitution.—(1) Reconstitute powdered ice-cream mix on the basis of 7 pints (7¼ pounds) of water to 4¼ pounds of powder. Reconstitute ice-cream mix paste with an equal volume of cold water.

(2) Measure the required amount of water and pour into a suitable container of sufficient size to allow for agitation of the mix. Be sure water is measured or weighed accurately.

(3) Pour the entire contents of the can of powdered or paste ice-cream mix on top of the water and stir. The powder or paste will go into solution readily. It is not necessary to reconstitute the mix thoroughly, as it will mix while freezing.

(4) Prepare the ice cream as directed in section XI.

13. SPECIAL ARMY FOOD ITEMS USED IN THE RECIPES. —*a. Army spread.* (1) Preserved butter or Army spread contains

approximately 75 percent butter, 8 percent cheese curd, and 6½ percent nonfat milk solids. The addition of cheese curd and dry milk prevents the spread from melting.

(2) Army spread can be used in the preparation of sauces, for buttering vegetables, for scrambling eggs, and, if properly handled, as the fat ingredient in many recipes.

(3) When direct heat is applied, Army spread, because of its cheese content, will stick to the pan and burn very easily. It can be melted by one of the following methods:

(a) By placing in a container on top of a hot surface—for example, on the top cover of a hot field range.

(b) By placing in a liquid, such as milk, and heating until melted.

(c) By adding 1 part of water to 3 parts of Army spread and placing over a low direct fire.

b. Bouillon.—(1) This product comes in two forms, the cubed and granulated form. One mess kit spoon of the granulated bouillon is equal to 3 cubes of bouillon. Use 16 cubes or 5-1/3 mess kit spoons of powder to 1 gallon of water.

(2) Bouillon can be used as a base for soups and gravies or as a flavoring agent in the preparation of many recipes. The use of bouillon in meat and vegetable dishes is to be encouraged, as it will add a meaty flavor and improve the color.

c. Cocoa beverage powder.—This is a special product designed for use in combat rations. The addition of water is all that is required to prepare a cocoa beverage, as the powder contains the required amount of milk and sugar.

d. Maple tablets.—This is a small flavoring tablet that can be used to add a maple flavor to such items as cookies, cakes, and pies, as well as to make maple sirup for griddle cakes. Six tablets are equal to approximately one mess kit spoon of first grade imitation maple extract. The tablets should be crushed completely, and then dissolved in a small quantity of hot water before adding to a mixture. Crushing before adding to the water will help the tablets to dissolve.

e. Onion powder.—(1) Onion powder is ground dehydrated fresh onion. It may be used in any recipe where an onion flavor is desired. It may be substituted for fresh chopped onion or dehydrated onion flakes or may be used in combination with either one.

(2) The following proportions may be used for substitution:

(a) Twelve mess kit spoons of onion powder are equal to 1 No. 56 dipper or 1 pound of fresh chopped onion.

(b) One-half No. 56 dipper of onion powder is equal to 1 No. 56 dipper or 8 ounces of dehydrated onion flakes.

f. Vanilla tablets.—Three vanilla tablets are equal to one mess kit spoon of vanilla extract. Crush the tablets and dissolve in a small quantity of water before adding to the mixture. Use vanilla tablets as a substitute for lemon flavoring or extract but use synthetic lemon powder as a substitute for fresh lemon juice.

g. Synthetic lemon juice powder.—This is a powdered lemon juice product and can be used to prepare a beverage or as a lemon flavoring agent in recipes. When used as a beverage, the lemon powder should always be mixed with sugar before adding water. When used as a lemon flavoring, the lemon powder should be reconstituted to the strength of lemon juice before using.

h. Vinegar, concentrated.—Concentrated vinegar is 250-grain, whereas regular commercial vinegar is 50-grain. Concentrated vinegar must be diluted before using. Mix 1 part of vinegar to 4 parts of water; then use in the same proportions as regular vinegar.

SECTION III

SOUPS

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14. GENERAL.—*a.* A hot well-seasoned soup will help improve any menu. Thin soups are best served with a heavy meal. Thick soups and chowders are used to add food value and satisfaction to a light meal.

b. Soups fall into two categories: one type is prepared by using a stock base and the other by using a cream sauce base. When fresh meat stock is not available, bouillon powder can be used. An excellent cream sauce can be prepared by using powdered or evaporated milk.

15. RECIPES.—

a. BORSCHT.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Beets, dehydrated, diced	13 ounces	1 No. 56 dipper
Carrots, dehydrated	14 ounces	1 No. 56 dipper
Onions, dehydrated	8 ounces	1 No. 56 dipper
Water		28 No. 56 dippers
Fat	½ pound	¼ No. 56 dipper
Bouillon cubes	32	
Tomatoes, canned	2 No. 10 cans	
Cabbage, dehydrated	5 ounces	1 No. 56 dipper
Salt	3 ounces	6 mess kit spoons
Pepper	½ ounce	2 mess kit spoons

1. Soak the beets, carrots, and onions in water 20 minutes.
2. Bring slowly to a boil and simmer until vegetables are tender.
3. Add bouillon cubes and fat.
4. Add tomatoes, cabbage, salt, and pepper.
5. Simmer for 30 minutes.

b. CORN CHOWDER.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Potatoes, dehydrated, julienne or diced	3½ pounds	5 No. 56 dippers
Water		11 No. 56 dippers
Corn, cream style	3 No. 10 cans	
Milk, evaporated*	14 14-ounce cans	
or		
Milk, powdered	3 pounds	3 No. 56 dippers
Water, for powdered milk		5 No. 56 dippers
Water		7 No. 56 dippers
Salt	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

*Do not dilute with water.

1. Soak onions and potatoes in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Add corn, milk, water, salt, and pepper to potatoes and onions.
4. Cover and heat to a boiling point.
5. Simmer for about 40 minutes.

c. CREAM OF CARROT SOUP.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Carrots, dehydrated	1¾ pounds	2 No. 56 dippers
Water		8 No. 56 dippers
Milk, evaporated	19 14-ounce cans	
Water, for evaporated milk		8 No. 56 dippers
or		
Milk, powdered	4 pounds	4 No. 56 dippers
Water, for powdered milk		15 No. 56 dippers
Army spread	1 pound	½ No. 56 dipper
Salt	4 ounces	8 mess kit spoons
Pepper		½ mess kit spoon
Flour	20 ounces	1 No. 56 dipper
Water		1 No. 56 dipper

1. Soak onions and carrots for 20 minutes in a large stockpot.
2. Bring slowly to a boil; this should require about 45 minutes.
3. Simmer for 15 to 20 minutes more, or until tender.
4. Add evaporated milk and water or reconstituted powdered milk.
5. Add Army spread, salt, and pepper. Mix well; cover and heat to boiling.
6. Mix water and flour together to make a smooth paste.
7. Add to the hot soup mixture and stir until smooth.
8. Simmer for about 20 minutes or until slightly thick, stirring constantly.

d. CREAM OF POTATO SOUP.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Water		25 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Onions, dehydrated	3 ounces	⅓ No. 56 dipper
Potato shreds, dehydrated*	4¾ pounds	7½ No. 56 dippers
Milk, evaporated	10 14-ounce cans	
or		
Milk, powdered	2 pounds	2 No. 56 dippers
Water, for powdered milk		3½ No. 56 dippers
Army spread	2 pounds	1 No. 56 dipper

*6½ No. 56 dippers of diced dehydrated potatoes may be substituted for the potato shreds. An additional 3 quarts of water must be added.

1. Put water, salt, pepper, onions, and potatoes in a large stockpot.
2. Bring slowly to a boil and simmer for 30 minutes.
3. Add evaporated milk or reconstituted powdered milk and Army spread.
4. Simmer for 20 minutes. Serve hot.

e. DEHYDRATED SOUP (GREEN OR YELLOW PEA OR NAVY BEAN).

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Water		24 No. 56 dippers
Soup powder, dehydrated	6 pounds	4¾ No. 56 dippers

1. Add soup powder to cold water.
2. Gradually bring to a boiling point stirring constantly.
3. Cook soup for 3 minutes and serve hot.

Variations:

1. Add 24 bouillon cubes to the soup before it comes to the boiling point. Cook soup 3 minutes and serve.
2. Fry 2 pounds of diced bacon and add the bacon and bacon fat to the soup before it comes to the boiling point. Cook 3 minutes and serve.
3. Brown 2 pounds of diced Vienna sausage or link pork sausages and add to the soup before it comes to the boiling point. Cook 3 minutes and serve.

f. FRENCH ONION SOUP.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	2¼ pounds	4½ No. 56 dippers
Water		9 No. 56 dippers
Fat	2½ pounds	1¼ No. 56 dippers
Bouillon cubes*	85	
Water		24 No. 56 dippers
Salt	3½ ounces	7 mess kit spoons
Flour	26 ounces	1¼ No. 56 dippers
Water		2 No. 56 dippers

*An equal quantity of meat stock may be substituted for the water and bouillon cubes.

1. Soak onions in water for 20 minutes. Drain, saving onion water.
2. Heat fat to frying temperature in large stockpot.
3. Fry onions until they are a golden brown.
4. Add bouillon cubes, water, and surplus onion water to fried onions.

5. Add salt. Add flour to the water gradually, making a smooth paste, and stir into the soup.
6. Simmer covered for 30 minutes.
7. Slices of left-over bread may be cut into ½-inch cubes, toasted and served on top of each bowl of soup.

g. VEGETABLE SOUP NO. 1.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Water		24 No. 56 dippers
Carrots, dehydrated	10 ounces	¾ No. 56 dipper
Potatoes, dehydrated, julienne or diced	1 pound	1½ No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Salt	5 ounces	10 mess kit spoons
Rice, dry	1 pound	½ No. 56 dipper
Tomatoes, canned	2 No. 10 cans	
Pepper		½ mess kit spoon
Bouillon cubes	72	

1. Add dehydrated vegetables to water and soak 20 to 40 minutes.
2. Bring gradually to the boiling point in a covered stockpot.
3. Add salt, rice, tomatoes, pepper, and bouillon cubes, and continue to simmer for 1 hour, or until all vegetables are tender.

h. VEGETABLE SOUP NO. 2.

100 Servings (6¼ gallons)
Portion: approximately 1/3 canteen cup

Ingredients	Weights	Measures
Water		24 No. 56 dippers
Meat and vegetable stew	15 30-ounce cans or 37 12-ounce cans	
Tomato juice, canned	1 No. 10 can	
Salt	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Use large 10-gallon stockpot. Add water, meat and vegetable stew, tomato juice, and seasonings.
2. Bring to the boiling point and simmer for 20 minutes.

SECTION IV

MEATS AND FISH

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MEATS AND FISH

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16. GENERAL.—*a.* All canned meats or fish may be eaten cold as they come from the can; however, their flavor is usually more palatable if they are heated before serving. Since these meats have been thoroughly cooked in the canning process, they should not be recooked but merely reheated during the preparation of a recipe. The ideal method for reheating is to heat the can in boiling water. This may be impracticable because hot cans are dangerous to handle and the gravy may spatter. When cans are opened, it is advisable to reheat the contents in baking pans.

b. Variety can be added to the menu if the canned meats or fish are combined with vegetables and other ingredients. There are numerous combinations that may be made by using these canned products with other components of the B ration.

17. RECIPES.—

a. CHICKEN PIE.

100 Servings

Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	8 ounces	1 No. 56 dipper
Carrots, dehydrated	14 ounces	1 No. 56 dipper
Potatoes, dehydrated, julienne or diced	4 pounds	6 No. 56 dippers
Water		13 No. 56 dippers
Chicken or turkey, canned	9 35-ounce cans	
Flour	8 ounces	⅓ No. 56 dipper
Salt	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak onions, carrots, and potatoes in water for 20 to 40 minutes.
2. Bring slowly to the boiling point in a covered stockpot.
3. Simmer for 30 minutes or until vegetables are tender. Drain.
4. Drain chicken. Save broth and add enough water to make 3 quarts of liquid.
5. Add a small amount of the broth to the flour and stir until a smooth paste is formed.
6. Add paste to chicken broth and cook until thick.
7. Add gravy, seasonings, and vegetables to chicken.
8. Place in baking pans and cover with a pie crust or biscuit topping.

b. ROAST BEEF AND GRAVY.

(1) This recipe uses canned roast beef, a boiled beef product which comes in a solid-pack can. When refrigerated, it can be sliced by machine or by hand. When heated or left at room temperature, the meat tends to crumble into very small pieces. It should not be stirred more than necessary in cooking if large pieces of meat are desired in the finished product. There is very little broth in the can, and the addition of bouillon cubes in a gravy will greatly improve the flavor.

100 Servings
Portion: approximately 7 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Roast Beef, canned	5 6-pound cans	
Brown gravy		12 No. 56 dippers

1. Separate canned roast beef into large pieces.
2. Place in a large baking pan and cover with brown gravy. (See recipe on page 76.)
3. Heat to a serving temperature.
4. Serve with mashed potatoes or boiled rice.

(2) This recipe uses canned roast beef and gravy which is packed in 34-ounce cans. Each can contains 5 to 7 large pieces of lean beef with brown gravy of a desirable thickness. The meat is tender, breaks easily, and should not be stirred more than necessary during its preparation. Roast beef and gravy may be substituted for canned roast beef in recipes, but an allowance should be made for the increased quantity of broth.

100 Servings
Portion: approximately 7 ounces or ⅓ canteen cup

Ingredients	Weights
Roast beef and gravy	20 34-ounce cans

1. Place beef and gravy in the baking pans in 2-inch layers.
2. Heat to serving temperature.
3. Serve with mashed potatoes or boiled rice.

c. MEAT PATTIES OR CROQUETTES.

100 Servings
Portion: 2 patties, or approximately 6 ounces

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Fat	1 pound	½ No. 56 dipper
Flour	1¼ pound	1 No. 56 dipper
Milk, evaporated	4 14-ounce cans	
Water, for evaporated milk		1½ No. 56 dippers
or		
Milk powder, whole	12 ounces	¾ No. 56 dipper
Water, for powdered milk		3 No. 56 dippers
Salt	3½ ounces	7 mess kit spoons
Pepper	½ ounce	2 mess kit spoons
Roast beef, canned*	4 6-pound cans	
Cracker or bread crumbs	2¼ pounds	2¼ No. 56 dippers
For dipping:		
Egg, powdered	12 ounces	1 No. 56 dipper
Water, for eggs		1 No. 56 dipper
Bread crumbs	3 pounds	3 No. 56 dippers

*Roast beef and gravy, canned, may be substituted.

1. Soak the onions for 20 minutes.
2. Melt fat, add onions, and fry until brown.
3. Add flour to onions and fat, stirring to make a smooth paste.
4. Combine evaporated milk and water, or reconstitute powdered milk. Add to the above mixture, stirring constantly.
5. Add salt and pepper. Cook until smooth and thick, stirring frequently. Remove from heat.
6. Grind meat or break up into small pieces and add to the above mixture.
7. Add crumbs to the meat mixture and mix the whole thoroughly. (Chill if refrigeration is available.)
8. Reconstitute egg powder (see par. 10*b*).
9. Shape meat into patties and dip in egg mixture and bread crumbs.
10. Fry in fat until brown.

Note: This mixture may also be formed into croquettes and fried in deep fat for 3 to 5 minutes.

d. POTTED BEEF WITH VEGETABLES.

100 Servings

Portion: approximately 10 ounces or ½ canteen cup.

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Potatoes, dehydrated, julienne or diced	6 pounds	8¾ No. 56 dippers
Carrots, dehydrated	1 pound 5 ounces	1½ No. 56 dippers
Water		20 No. 56 dippers
Roast beef and gravy, canned*	16 30-ounce cans	
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

*Roast beef, canned, may be substituted.

1. Add water to combined vegetables and soak for 20 to 40 minutes.
2. Bring slowly to the boiling point in a covered stockpot; this should take about 45 minutes.
3. Simmer for 15 to 25 minutes or until vegetables are tender. Drain.
4. Place beef and gravy in baking pan and heat slowly. Do not stir any more than necessary.
5. Add drained vegetables, salt, and pepper; heat to boiling point. Serve.

e. BEEF STEW.—

(1) Using Canned Roast Beef and Gravy.

100 Servings
Portion: approximately 8 ounces

Ingredients	Weights	Measures
Onions, dehydrated	8 ounces	1 No. 56 dipper
Carrots, dehydrated	14 ounces	1 No. 56 dipper
Potatoes, dehydrated, julienne or diced	4 pounds	6 No. 56 dippers
Water, for vegetables		13 No. 56 dippers
Tomatoes, canned	1 No. 10 can	
Roast beef and gravy, canned	27½ pounds 13 34-ounce cans	
Salt	4½ ounces	9 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak onions, carrots, and potatoes in water for 20 to 40 minutes.
2. Bring slowly to the boiling point in a covered stockpot.
3. Add tomatoes and simmer for approximately 30 minutes, or until vegetables are tender but not mushy.
4. Add meat and seasonings and heat to a serving temperature.
5. Avoid stirring vigorously after meat has been added, as it breaks up readily.

(2) Using Fresh or Frozen Meat.

100 Servings
Portion: approximately 9 ounces or ¼ canteen cup

Ingredients	Weights	Measures
Boneless beef chuck (1½-inch cubes, fresh or frozen)	35 pounds	21 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Fat	2 pounds	1 No. 56 dipper
Tomatoes, canned	1 No. 10 can	
Onions, dehydrated	8 ounces	1 No. 56 dipper
Carrots, dehydrated	14 ounces	1 No. 56 dipper
Potatoes, dehydrated, julienne or diced	4 pounds	6 No. 56 dippers
Water, for vegetables		13 No. 56 dippers

1. Season beef with salt and pepper.
2. Melt fat in stockpot and brown the meat in the hot fat.
3. Add tomatoes to browned meat. Cover and simmer for approximately 1½ hours.
4. Soak onions, carrots, and potatoes in water for 20 to 40 minutes. Bring slowly to the boiling point.
5. Combine with the meat and tomatoes and continue cooking for about 1 hour or until the meat and vegetables are tender. Add more water if necessary.

(3) Meat Pie with Potato Crust.

(*a*) Prepare one of the foregoing recipes for stew.

(*b*) Place stew in large baking pans and cover with mashed potatoes (see par. 23*f*(6) and (7)) or pie crust.

(*c*) Bake in hot oven until brown.

f. SPAGHETTI AND MEAT SAUCE.

100 Servings

Portion: approximately 10 ounces or ½ canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	8 ounces	1 No. 56 dipper
Water, for onions		2 No. 56 dippers
Bacon, diced (½-inch pieces)	2 pounds	1⅓ No. 56 dippers
Tomatoes, canned	2 No. 10 cans	
Flour		⅓ No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Pepper	½ ounce	2 mess kit spoons
Roast beef, canned*	1 6-pound can	
Spaghetti, dry	10 pounds	
Water, for spaghetti		40 No. 56 dippers
Salt	5 ounces	10 mess kit spoons

*Roast beef and gravy, canned, may be substituted.

1. Add water to the dehydrated onions and soak in a covered stockpot for approximately 20 minutes. Drain and save surplus liquid.
2. Fry bacon in roasting pan. Add drained onions and fry until light brown.
3. Add tomatoes to fried bacon and onions.
4. Mix flour with enough water to make a smooth paste and add to tomato mixture.
5. Add liquid drained from onions, salt, pepper, and roast beef.
6. Simmer the sauce slowly for approximately 30 minutes, stirring occasionally.
7. Add spaghetti to rapidly boiling salted water in a covered stockpot.

8. Cook spaghetti for approximately 15 minutes or till tender. Drain well.
9. Pour hot sauce over spaghetti and serve.

Figure 1.—Spaghetti and meat sauce.

g. CHOP SUEY.

100 Servings

Portion: approximately 12 ounces or ½ canteen cup.

Ingredients	Weights	Measures
Bouillon cubes*	4½ ounces	32
Onions, dehydrated	20 ounces	2½ No. 56 dippers
Water, for onions		13 No. 56 dippers
Flour	3 pounds	2¼ No. 56 dippers
Water		2 No. 56 dippers
Roast beef, canned**	3 6-pound cans	
Pepper	¼ ounce	1 mess kit spoon
Salt***	3 ounces	6 mess kit spoons
Soy sauce (optional)		½ No. 56 dipper
Rice, dry	10 pounds	5 No. 56 dippers
Salt, for rice	3½ ounces	7 mess kit spoons
Water, for rice		20 No. 56 dippers

*An equal quantity of meat stock may be substituted for the water and bouillon cubes.
**Roast beef and gravy, canned, may be substituted.
***Salt should be eliminated if soy sauce is used.

1. Add bouillon cubes and dehydrated onions to the water. Heat to the boiling point.
2. Add water to the flour gradually. Mix until smooth; add gradually to the bouillon mixture.
3. Add roast beef. (The meat will break up in mixing, so it does not require breaking up beforehand.)
4. Add pepper, salt, or soy sauce. (If soy sauce is not available, use burnt

sugar or gravy coloring for darkening.) Continue heating until the mixture thickens, stirring occasionally.

5. Add rice to rapidly boiling salted water. Boil uncovered for 15 to 20 minutes or until tender. Drain well.
6. Serve with chop suey mixture.

h. CORNED BEEF.—

(1) Corned Beef and Cabbage.

100 Servings
Portion: approximately 9 ounces or ½ canteen cup

Ingredients	Weights	Measures
Cabbage, dehydrated	3½ pounds	11 No. 56 dippers
Water, for cabbage		17 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
Corned beef, canned	5 6-pound cans	

1. Soak cabbage in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in an uncovered stockpot.
3. Add salt and simmer for 10 minutes, or until tender.
4. Drain, leaving about one-half of the liquid on the cabbage.
5. Break up corned beef into large pieces and add to the cabbage. (Avoid overmixing.)
6. Reheat and serve.

(2) Corned Beef Casserole.

100 Servings
Portion: approximately 7 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Fat	2 pounds	1 No. 56 dipper
Flour	2½ pounds	2 No. 56 dippers
Milk, evaporated	11 14-ounce cans	
Water, for evaporated milk		5 No. 56 dippers
or		
Milk, powdered	2½ pounds	2½ No. 56 dippers
Water, for powdered milk		9 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Corned beef, canned	2 6-pound cans	
Whole-kernel corn	2 No. 10 cans	

1. Melt the fat in a large stockpot.
2. Add the flour and stir until smooth.
3. Combine milk and water or reconstitute milk; add to the above flour mixture and cook until it thickens, stirring constantly.
4. Add salt, pepper, corned beef, and drained corn. (The liquid from the corn should be used as part of the liquid necessary to reconstitute milk.)
5. Serve on crackers or toast.

(3) Corned Beef Cutlets.

100 Servings
Portion: approximately 5½ ounces or 1½ cutlets.

Ingredients	Weights	Measures
Fat	1½ pounds	¾ No. 56 dipper
Flour	1¾ pounds	1¼ No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Milk, evaporated	4 14-ounce cans	
Water, for evaporated milk		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water, for powdered milk		3¾ No. 56 dippers
Cheese, shredded	2 pounds	2 No. 56 dippers
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Macaroni, dry	1-2/3 pounds	1½ No. 56 dippers
Water for macaroni, boiling		6 No. 56 dippers
Salt, for macaroni	½ ounce	1 mess kit spoon
Corned beef	2 6-pound cans	
For dipping:		
Eggs, powdered	12 ounces	1 No. 56 dipper
Water, for eggs		1 No. 56 dipper
Bread or cracker crumbs	4 pounds	4 No. 56 dippers

1. Melt fat in a large stockpot.
2. Remove from heat, add flour and salt, and blend well.
3. Combine milk and water or reconstitute milk. Add milk to flour mixture.
4. Cook until very smooth and thick, stirring constantly.
5. Remove sauce from heat. Add cheese and stir until melted. Cool.
6. Soak onions in water for 20 minutes.
7. Add macaroni to boiling salted water and cook approximately 15 minutes or until tender. Drain.
8. Remove corned beef from can and break up into small pieces. (Grind if possible.)

9. Add reconstituted onions, cooked macaroni, and corned beef to sauce.
10. Pour into shallow pans to cool (chill if possible).
11. Reconstitute eggs (see par. 10*b*).
12. Form meat mixture into patties or cutlets, dip in egg mixture, and roll in cracker crumbs.
13. Fry in fat about 2 inches deep until brown.

(4) Corned Beef with Macaroni.

100 Servings
Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Macaroni, dry	4½ pounds	4 No. 56 dippers
Water for macaroni, boiling		16 No. 56 dippers
Salt	2½ ounces	5 mess kit spoons
Corned beef*	3 6-pound cans	
Eggs, powdered	12 ounces	1 No. 56 dipper
Milk, powdered**	12 ounces	¾ No. 56 dipper
Water		3 No. 56 dippers
Cheese, shredded	4 pounds	4 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons

*Vienna sausages cut in 1-inch pieces may be substituted for corned beef in the above recipe.
**If evaporated milk is substituted, use 3 14-ounce cans of evaporated milk and only 1½ quarts of water.

1. Add macaroni to boiling salted water.
2. Boil 10 to 15 minutes or until tender. Drain well.
3. Break up corned beef into medium-sized pieces.
4. Add powdered eggs, milk (in dry form), water, cheese, and salt. Mix all ingredients thoroughly.
5. Bake in large baking pan in moderate oven for approximately 1 hour, or until brown.

(5) Corned Beef and Mashed Potatoes.

100 Servings
Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Potatoes, dehydrated, julienne or diced	5 pounds	7 No. 56 dippers
Water, for potatoes		13 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Milk, evaporated	4 14-ounce cans	
Water, for evaporated milk		1½ No. 56 dippers
or		
Milk, powdered	12 ounces	¾ No. 56 dippers
Water, for powdered milk		3 No. 56 dippers
Army spread	1 pound	½ No. 56 dipper
Corned beef, canned	3 6-pound cans	
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Cracker or bread crumbs	2 pounds	2 No. 56 dippers
Eggs, powdered (to be added in dry form)	6 ounces	½ No. 56 dipper

1. Add potatoes to the water and soak for 20 minutes.
2. Bring slowly to a boil (about 45 minutes).
3. Simmer in a covered stockpot for 10 minutes or until potatoes are tender. Drain.
4. Add salt to the potatoes.
5. Combine milk and water or reconstitute powdered milk.
6. Add Army spread to the milk and heat until the Army spread is melted.
7. Add one-half of the milk mixture to the potatoes and mash by beating vigorously with a wire whip. (The amount of milk to be used may vary. Use only enough to make the potatoes of the right consistency.)
8. Grind meat or break up into small pieces.
9. Soak onions for approximately 20 minutes. Add to corned beef.
10. Add cracker crumbs and powdered eggs to the corned beef with the remainder of the milk.
11. Place mixture into greased baking pan in layers 1 to 2 inches thick, and cover with a layer of mashed potatoes. Bake in hot oven for about half an hour, or until potatoes are brown.

(6) Corned Beef Roll.

100 Servings
Portion: approximately 6 ounces (1½ slices, ¼-inch thick)

Ingredients	Weights	Measures
Onions, dehydrated	8 ounces	1 No. 56 dipper
Water, for onions		2 No. 56 dippers
Bread cubes (loose pack)	2 pounds	4 No. 56 dippers
Water		½ No. 56 dipper
Corned beef, canned	4 6-pound cans	
Eggs, powdered	12 ounces	1 No. 56 dipper
Milk, powdered	1 pound	1 No. 56 dipper
Fat, melted	½ pound	¼ No. 56 dipper
Pepper	½ ounce	2 mess kit spoons
Pie crust		

1. Soak onions in water for 20 minutes.
2. Moisten bread cubes with water.
3. Combine all ingredients and mix thoroughly. (Do not reconstitute the powdered milk and eggs.)
4. Roll the pie crust in a long rectangular shape, form the meat into a loaf in the center of the crust, and join crust at the top.
5. Bake in a quick oven in an uncovered baking pan until crust is brown.
6. Slice and serve with tomato sauce.

Figure 2.—Forming meat loaf in the center of the crust.

(7) Corned Beef with Spanish Rice.

100 Servings

Portion: approximately 9 ounces or ½ canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	1 pound	2 No. 56 dippers
Water, for onions		4 No. 56 dippers
Fat	1½ pounds	¾ No. 56 dipper
Corned beef, canned	2 6-pound cans	
Rice, dry	6 pounds	3 No. 56 dippers
Tomatoes, canned	3 No. 10 cans	
Water (preferably hot)		10 No. 56 dippers
Pepper	⅜ ounce	1½ mess kit spoons
Salt	½ ounce	1 mess kit spoon

1. Soak onions in water for 20 minutes. Melt fat in stockpot. Add onions and fry until brown.
2. Combine browned onions, corned beef, dry rice, tomatoes, water, and seasonings.
3. Bring to a boil and allow to simmer slowly in a covered pan for 25 to 35 minutes, or until rice is tender. Stir occasionally to prevent burning.

I. LUNCHEON MEAT.—

(1) Breaded Luncheon Meat.

100 Servings

Portion: approximately 6 ounces (1½ slices, ¼-inch thick)

Ingredients	Weights	Measures
Eggs, powdered	1½ pounds	2 No. 56 dippers
Water, for eggs		2 No. 56 dippers
Luncheon meat	5 6-pound cans	
Bread or cracked crumbs	4 pounds	4 No. 56 dippers
Fat, for frying	4 pounds	2 No. 56 dippers

1. Add egg powder to approximately one-third of the water, stirring until all the lumps are removed.
2. Add the remaining water, stirring constantly.
3. Cut luncheon meat into ¼-inch slices. Dip slices of meat into egg mixture and then in crumbs.
4. Fry in fat until light brown.

(2) Creamed Luncheon Meat.

100 Servings

Portion: approximately 7 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Fat	2 pounds	1 No. 56 dipper
Flour	2½ pounds	2 No. 56 dippers
Milk, evaporated	11 14-ounce cans	
Water, for evaporated milk		5 No. 56 dippers
or		
Milk, powdered	2½ pounds	2½ No. 56 dippers
Water, for powdered milk		9 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Luncheon meat, canned	2 6-pound cans	
Fat, for frying		
Peas, canned	2 No. 10 cans	

1. Melt the fat in large stockpot.
2. Remove from heat and add the flour. Stir until smooth.
3. Combine milk and water or reconstitute milk.
4. Add to the above mixture and cook until it thickens, stirring constantly. (The liquid from the peas should be used as part of the liquid necessary to reconstitute milk.)
5. Add salt and pepper to sauce.
6. Cut luncheon meat into ½-inch cubes.
7. Fry meat in roast pan until light brown.
8. Add cream sauce. Add drained peas. Mix thoroughly.
9. Serve on crackers or toast.

Figure 3.—Creamed luncheon meat served on toast.

(3) Luncheon Meat Creamed with Cheese.

100 Servings

Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Luncheon meat, canned	3 6-pound cans	
Macaroni, dry	5½ pounds	5 No. 56 dippers
Water, boiling		20 No. 56 dippers
Salt	3 ounces	6 mess kit spoons
White sauce, medium		6 No. 56 dippers
Cheese, shredded	2 pounds	2 No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Cut luncheon meat into ½-inch cubes.
2. Add macaroni to rapidly boiling salted water. Cook uncovered for approximately 15 minutes or until tender. Drain.
3. Prepare white sauce (see par. *27s(2)*). Add one-half of the cheese and allow cheese to melt in the sauce.
4. Add salt and pepper. Combine luncheon meat, macaroni, and cheese sauce.
5. Place in large baking pan and sprinkle remainder of cheese over the top. Bake in moderate oven for 1 hour.

(4) Baked Luncheon Meat with Mustard Sauce.

100 Servings

Portion: approximately 5 ounces or 1 slice

Ingredients	Weights	Measures
Luncheon meat, canned	5 6-pound cans	
Sugar	1 pound	½ No. 56 dipper
Mustard, dry	1 ounce	4 mess kit spoons
Cinnamon	¼ ounce	1 mess kit spoon
Vinegar (50-grain)		½ No. 56 dipper
Water		½ No. 56 dipper

1. Score surface of luncheon meat loaves with a knife.
2. Place in a large roasting pan.
3. Mix together sugar, mustard, cinnamon, vinegar, and water. Pour over meat loaves.
4. Bake for 1 hour in moderate oven.

Note: Luncheon meat may be prepared in serving slices. Cut the slices three-fourths of the way down but not completely, so that the loaf will hold together. Pour the sauce over all and bake for 1 hour in a moderate oven.

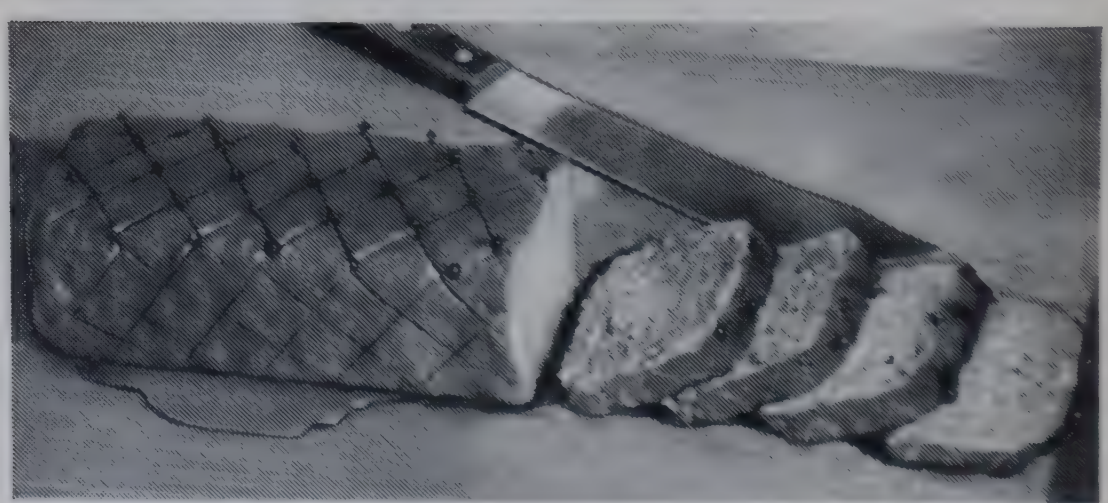

Figure 4.—Baked luncheon meat with mustard sauce.

(5) Luncheonburger.

100 Servings
Portion: approximately 5 ounces or 1½ 3-inch patties

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Apple nuggets, dehydrated	12 ounces	1 No. 56 dipper
Water, for apple nuggets		2 No. 56 dippers
Luncheon meat, canned	4 6-pound cans	
Milk, powdered	1 pound	1 No. 56 dipper
Eggs, powdered	12 ounces	1 No. 56 dipper
Pepper	¼ ounce	1 mess kit spoon

1. Soak onions for 20 minutes. Drain.
2. Soak apples for 20 minutes.
3. Break up and mash luncheon meat by hand.
4. Add dry powdered milk, dry powdered eggs, pepper, reconstituted onions and apple nuggets, and mix well.
5. Form into patties and fry on a griddle.
6. Serve with tomato sauce.

(6) Macaroni Luncheon Loaf.

100 Servings
Portion: approximately 7 ounces or 1½ slices ¼-inch thick

Ingredients	Weights	Measures
Luncheon meat, canned	3 6-pound cans	
Vienna sausage	6 30-ounce cans	
Macaroni, dry	3½ pounds	3 No. 56 dippers
Water, boiling		12 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Milk, powdered	1½ pounds	1½ No. 56 dippers
Eggs, powdered	12 ounces	1 No. 56 dipper
Bread or cracker crumbs	3 pounds	3 No. 56 dippers
Cheese, shredded	1½ pounds	1½ No. 56 dippers

1. Break up and mash luncheon meat and Vienna sausage by hand. Combine and mix thoroughly.
2. Add macaroni to rapidly boiling salted water. Cook uncovered for 15 minutes, or until tender. Drain and cool.
3. Combine dry powdered milk, dry powdered eggs, cracker crumbs, cheese, and cooked macaroni with mashed meat mixture.
4. Form into loaves or place in layers about 3 inches deep in large bakepans.
5. Bake in moderate oven for 1 hour. Serve with tomato sauce.

(7) Rice Meat Loaf.

100 Servings
Portion: approximately 5 ounces or 1 ½-inch slice

Ingredients	Weights	Measures
Rice, dry	2-2/3 pounds	1⅓ No. 56 dippers
Salt, for rice	2 ounces	4 mess kit spoons
Water, for rice		10 No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Luncheon meat, canned	4 6-pound cans	
Milk, powdered	1 pound	1 No. 56 dipper
Eggs, powdered	18 ounces	1½ No. 56 dippers
Pepper	½ ounce	2 mess kit spoons

1. Add rice to rapidly boiling salted water.
2. Boil uncovered for 20 minutes or until tender. Drain well.
3. Soak onions in water for 20 minutes.
4. Slip luncheon meat loaf from can and place in large container for mixing. Mash the meat thoroughly.
5. Add the cooked and drained rice, the reconstituted onions, powdered milk, powdered eggs, and pepper. Mix thoroughly. (Do not add water to reconstitute eggs or milk.)
6. Place 3-inch layer in bottom of roasting pan (greased) or form into loaves. Meat should be formed well to make good solid loaves.
7. Bake uncovered for 1 hour in moderate oven.

Note: Meat should be removed from the oven at least a half-hour before serving. This allows time for meat to set so that it can be easily sliced. Slice in 1-inch slices and serve with tomato sauce.

(8) Swiss Ham Slices.

100 Servings
Portion: approximately 7 ounces or 2 slices

Ingredients	Weights	Measures
Luncheon meat	4 6-pound cans	
Flour	2 pounds	1½ No. 56 dippers
Fat	2 pounds	1 No. 56 dipper
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Flour	1 pound	¾ No. 56 dipper
Water		8 No. 56 dippers
Bouillon cubes*	32	
Tomatoes, canned	1 No. 10 can	
Pepper		½ mess kit spoon

*An equal quantity of meat stock may be substituted for the water and bouillon cubes.

1. Slip luncheon meat loaf from the can and cut in half lengthwise.
2. Cut in ½-inch slices crosswise.
3. Dip the slices in the flour and fry in fat in large roasting pan until brown. (Remove slices from pan after browning.)
4. Soak onions in water for 20 minutes.
5. Simmer onions (do not brown) in roasting pan in which meat was fried, adding extra fat if necessary.
6. Add flour and mix well.
7. Combine water and bouillon cubes and add gradually to the flour and onions. Stir until smooth.
8. Add tomatoes and pepper and allow sauce to cook for about 15 minutes, or until it begins to thicken.
9. Add browned meat slices. Cover and bake for 30 minutes in a moderate oven.

(9) Vegetable Luncheon Pattie.

100 Servings
Portion: approximately 5 ounces or 1½ 3-inch patties

Ingredients	Weights	Measures
Corn meal, yellow*	1⅓ pounds	1 No. 56 dipper
Water, boiling		3 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Carrots, dehydrated	7 ounces	½ No. 56 dipper
Water, for carrots		1½ No. 56 dippers
Luncheon meat, canned	2 6-pound cans	
Meat and vegetable hash, canned	2 No. 10 cans	
Eggs, powdered	12 ounces	1 No. 56 dipper
Flour	2½ pounds	2 No. 56 dippers
Fat, for frying		

*Any cooked cereal may be substituted.

1. Add corn meal gradually to rapidly boiling salted water. Cook until thick, stirring occasionally.
2. Soak carrots for 20 to 40 minutes. Bring slowly to a boil (45 minutes) and simmer in a covered stockpot for 15 to 25 minutes, or until carrots are tender. Drain.
3. Break up and mash luncheon meat and combine with meat and vegetable hash, powdered eggs, corn meal mush, and carrots. Mix thoroughly.
4. Form in patties, roll in flour, and fry.
5. Serve with tomato sauce.

(10) Pork Meat Balls—Rice Creole.

100 Servings

Portion: approximately 8 ounces or ¼ canteen cup rice and 2 to 3 meat balls

Ingredients	Weights	Measures
Luncheon meat, canned	3 6-pound cans	
Vienna sausage, canned	4 30-ounce cans	
Milk, powdered	1 pound	1 No. 56 dipper
Eggs, powdered	12 ounces	1 No. 56 dipper
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Bacon, diced	1½ pounds	1 No. 56 dipper
Tomatoes, canned	1 No. 10 can	
Water		10 No. 56 dippers
Bouillon cubes	40	
Salt	2 ounces	4 mess kit spoons
Pepper		½ mess kit spoon
Rice, dry	6 pounds	3 No. 56 dippers

1. Break up luncheon meat and Vienna sausage; mash and combine thoroughly. Grind, if possible.
2. Add powdered milk and eggs to the meat. (Add them in their dry form, without water.)
3. Form into small meat balls, place in baking pans, and bake in hot oven

Figure 5.—Pork meat balls—rice creole.

until brown, for approximately 45 minutes. (The meat balls may be floured and fried in fat.)

4. Soak onions in water for 20 minutes.
5. Fry bacon in large stockpot until lightly brown. Add onions and brown with bacon.
6. Add tomatoes, water, bouillon cubes, and seasonings to onions. Bring to a boil.
7. Add rice to boiling sauce and cook covered for 20 minutes, or until rice is tender and sauce is thick.
8. Serve meat balls on top of rice.

(11) Luncheon Meat and Scrambled Eggs.

See paragraph 19*e*(3).

j. PORK SAUSAGE.—

(1) Breaded Pork Sausage.

Prepare breaded luncheon meat (see par. 17*i*(1)), substituting 14 34-ounce cans of bulk pork sausage for the luncheon meat. Cut the pork sausage in half lengthwise and then into ¼- to ½-inch slices.

(2) Pork and Rice Casserole (Bulk Pork Sausage).

100 Servings

Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Bacon	1 pound	¾ No. 56 dipper
Rice, dry	6 pounds	3 No. 56 dippers
Tomatoes, canned	1 No. 10 can	
Bouillon cubes	32	
Water		8 No. 56 dippers
Pepper	¼ ounce	1 mess kit spoon
Salt	1 ounce	2 mess kit spoons
Pork sausage, bulk, canned	12 34-ounce cans (25½ pounds)	
Fat	½ pound	¼ No. 56 dipper

1. Soak onions in water for 20 minutes in large stockpot.
2. Chop bacon very fine, and fry until slightly brown.
3. Add bacon to reconstituted onions.
4. Add dry rice, tomatoes, bouillon cubes, water, salt, and pepper to the onion and bacon mixture.
5. Mix thoroughly and cook until rice is tender but not mushy. Stir occasionally to prevent burning.
6. Dice pork sausage into 1-inch cubes.
7. Melt fat in large baking pans.
8. Add sausage and heat thoroughly. Stir occasionally but do not overmix.
9. Pour rice mixture over meat and bake in moderate oven for 25 minutes.

(3) Pork Sausage and Sweet Potatoes.

100 Servings
Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	8 pounds	8 No. 56 dippers
Water, for potatoes		12 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Sugar, granulated	3 pounds	1½ No. 56 dippers
Pork sausage, bulk, canned	15 34-ounce cans	
Milk, powdered	1 pound	1 No. 56 dipper
Eggs, powdered	12 ounces	1 No. 56 dipper

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer 20 to 30 minutes, or until tender. Drain and save liquid.
4. Add salt. Combine 2 quarts of drained liquid with sugar and simmer for 5 minutes. Add to the sweet potatoes.
5. Break up pork sausage by hand (grind if possible).
6. Add powdered milk and eggs to the meat. (Add them in their dry form. Do not add water.) Form into small meat balls.
7. Place on baking pans and bake in hot oven until brown.
8. Serve meat balls on top of sweet potatoes.

(4) Pork Sausage in Blanket.

Prepare recipe for pigs in blankets (see par. 17*k*), substituting 16 22-ounce cans of canned pork sausage links.

(5) Pork Sausage and Scrambled Eggs.

See paragraph 19*e*(4).

k. VIENNA SAUSAGE.—

(1) Pigs in Blankets.

100 Servings
Portion: approximately 6 ounces or 3 sausages

Ingredients	Weights	Measures
Flour, sifted	3½ pounds	3½ No. 56 dippers
Sugar, granulated	2/3 pound	⅔ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Eggs, powdered	4 ounces	⅓ No. 56 dipper
Shortening	8 ounces	¼ No. 56 dipper
Milk, evaporated	3½ 14-ounce cans	
Water, for evaporated milk		1½ No. 56 dippers
or		
Milk, powdered	¾ pound	¾ No. 56 dipper
Water, for powdered milk		2¾ No. 56 dippers
Sausage, Vienna*	15 30-ounce cans	
	22½ pounds	
Fat, for frying		

*Pork sausage links, canned, may be substituted.

Figure 6.—Dipping Vienna-style sausage into the batter.

1. Sift flour, sugar, salt, and powdered eggs together. Add shortening and mix well.
2. Combine evaporated milk and water, or reconstitute milk and add slowly to the flour mixture. Beat until the batter is smooth.
3. Place fat about 2 inches deep in baking pan. Dip sausages in batter and drop in hot fat. (Have fat at a temperature at which a piece of day-old bread will brown in 60 seconds.)
4. Fry 8 to 10 minutes or until a golden brown.

(2) Vienna Sausage with Barbecue Sauce.

100 Servings

Portion: approximately 6 ounces or 4 sausages

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Fat	2 pounds	1 No. 56 dipper
Vinegar (50 grain)		1 No. 56 dipper
Water		1 No. 56 dipper
Mustard, dry	1¼ ounces	5 mess kit spoons
Tomatoes, canned	2 No. 10 cans	
Pepper	½ ounce	2 mess kit spoons
Sugar, granulated	5 ounces	10 mess kit spoons
Salt	1 ounce	2 mess kit spoons
Kitchen sauce		10 mess kit spoons
Flour	1 pound	¾ No. 56 dipper
Water		1 No. 56 dipper
Vienna sausage	15 30-ounce cans	
	22½ pounds	

1. Soak onions in water for 20 minutes. Drain and save water.
2. Fry onions in fat in large stockpot until tender and slightly brown.
3. Combine vinegar, onion water, mustard, tomatoes, pepper, salt, sugar, and sauce with onions and heat to the boiling point.
4. Combine water and flour gradually and stir until smooth. Add to tomato mixture.
5. Add Vienna sausage to the sauce. Simmer about 20 minutes or until sauce thickens.

(3) Vienna Sausage and Beans.

100 Servings
Portion: approximately 9 ounces or ½ canteen cup

Ingredients	Weights	Measures
Beans, white (issue)	10 pounds	5¾ No. 56 dippers
Water		To cover
Water, boiling		8 No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Bacon, diced	1½ pounds	1 No. 56 dipper
Tomatoes, canned	2 No. 10 cans	
Tomato puree, canned	1 No. 10 can	
Sugar	8 ounces	¼ No. 56 dipper
Mustard, dry	¾ ounce	3 mess kit spoons
Salt	6 ounces	12 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Vienna sausage	8 30-ounce cans 12 pounds	

1. Pick over and wash beans thoroughly.
2. Soak in cool water about 6 hours. Do not drain.
3. Add boiling water to cover and heat to boiling temperature.
4. Let simmer about 1 hour until beans are tender but not mushy.
5. Soak onions in water for 20 minutes.
6. Fry bacon and onions in stockpot until lightly browned.
7. Add tomatoes, tomato puree, sugar, mustard, salt, and pepper.
8. Combine tomato mixture with beans. Cook 20 to 30 minutes.
9. Cut Vienna sausage in 1-inch lengths and mix with beans. Simmer sausages and beans together for 20 minutes.

(4) Vienna Sausage, Potatoes, and Tomatoes.

100 Servings
Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Potatoes, dehydrated, julienne or diced	5½ pounds	8 No. 56 dippers
Water, for potatoes		15 No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Fat	½ pound	¼ No. 56 dipper
Tomatoes, canned	1 No. 10 can	
Salt	2½ ounces	5 mess kit spoons
Pepper	⅛ ounce	½ mess kit spoon
Vienna sausage	15 30-ounce cans 22½ pounds	

1. Soak potatoes in water for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 10 to 15 minutes, or until tender but not mushy. Drain.
4. Soak onions in water 20 to 40 minutes.
5. Place fat in large baking pan. Fry onions in fat but do not brown.
6. Add tomatoes, potatoes, salt, and pepper, and bring mixture to a boil.
7. Add Vienna sausage to the potato combination. Bake in moderate oven for 1 hour.

(5) Vienna Sausage and Sweet Potatoes.

100 Servings

Portion: approximately 8 ounces or ⅓ canteen cup

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	8 pounds	8 No. 56 dippers
Water, for potatoes		12 No. 56 dippers
Sugar, granulated	3 pounds	1½ No. 56 dippers
Vienna sausage	20 30-ounce cans 37½ pounds	
Fat	½ pound	¼ No. 56 dipper

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 20 to 30 minutes or until tender. Drain and save surplus liquid.
4. Combine 2 quarts of drained liquid and sugar, and simmer for 5 minutes. Add to the sweet potatoes.
5. Place a layer of Vienna sausages in large baking pan, then a layer of sweet potatoes, and finally a layer of Vienna sausages on top.
6. Dot with fat and bake in a moderate oven for 45 minutes.

Figure 7.—Vienna-style sausage and sweet potatoes.

(6) Macaroni Luncheon Loaf.

See paragraph 17*i*(6).

(7) Pork Meat Balls—Rice Creole.

See paragraph 17*i*(10).

l. SALMON.—

(1) Salmon Salad.

100 Servings

Portion: approximately 5 ounces.

Ingredients	Weights	Measures
Onions, dehydrated	¾ pound	1½ No. 56 dippers
Water, for onions		2½ No. 56 dippers
Salmon	17 1-pound cans	
Salt	½ ounce	1 mess kit spoon
Peas, canned	2 No. 10 cans	
Lemon juice powder, synthetic		2 mess kit spoons
Water		¼ No. 56 dipper
Salad dressing		2 No. 56 dippers
or		
Mayonnaise		

1. Soak onions in water for 20 minutes. Drain.
2. Flake salmon into a large mixing container.
3. Add salt, drained peas, and onions.
4. Dissolve synthetic lemon juice powder in the water and add to the salmon.
5. Add dressing and mix until well blended.

(2) Scalloped Salmon.

100 Servings

Portion: approximately 6 ounces or ¼ canteen cup

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Bread or cracker crumbs	6 pounds	6 No. 56 dippers
Fat, melted	2 pounds	1 No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Pepper		¼ mess kit spoon
Salmon, canned	24 1-pound cans	
Milk, evaporated	8 14-ounce cans	
or		
Milk, powdered	1½ pounds	1½ No. 56 dippers
Water, for powdered milk		3½ No. 56 dippers

1. Soak onions in water for 20 minutes.
2. Mix bread crumbs, melted fat, salt, and pepper. Spread a layer of bread crumbs over the bottom of a large baking pan.
3. Flake salmon and mix with onions.
4. Cover crumbs with a layer of salmon and salmon liquor. Repeat with a layer of crumbs and salmon.
5. Pour milk over the top and cover all with a layer of crumbs.
6. Bake for approximately 30 minutes in moderate oven.

SECTION V

EGG DISHES

SECTION V

EGG DISHES

EGG DISHES

18. GENERAL.—For detailed instructions on reconstituting and cooking dehydrated eggs see paragraph 10.

19. RECIPES.—

a. EGG AND MACARONI CUTLET.

100 Servings
Portion: 1 cutlet

Ingredients	Weights	Measures
Thick white sauce		1 to 2 No. 56 dippers
Eggs, powdered	1½ pounds	2 No. 56 dippers
Water, for eggs		2 No. 56 dippers
Macaroni, dry	4½ pounds	4 No. 56 dippers
Water		16 No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Fat	8 ounces	¼ No. 56 dipper
Salt	3 ounces	6 mess kit spoons
Kitchen sauce		1 mess kit spoon
Pepper		To taste
Bread or cracker crumbs	3 pounds	3 No. 56 dippers

1. Prepare white sauce, using Army spread (see par. 27*t*).
2. Add egg powder to one-third of the water, beating constantly to make a smooth paste. Add remainder of the water and mix until smooth.
3. Pour into a greased stockpot, stirring eggs as they thicken. Remove from fire while still a little soft.
4. Add macaroni to boiling salted water and boil for 15 minutes, or until tender. Drain.
5. Soak onions in water for 20 minutes. Add onions to fat and fry until lightly brown.
6. Combine seasoning, onions, cooked macaroni, and cooked eggs and white sauce. (Add sufficient white sauce to give the mixture a good consistency.) Form into cutlets or patties.
7. Roll cutlets in crumbs and fry in fat (about 2 inches deep in large baking pan) until brown.
8. Serve with tomato or cheese sauce.

Figure 8.—Breading macaroni cutlets.

Figure 9.—Completed macaroni cutlets.

b. OMELET.

25 Servings

Ingredients	Weights	Measures
Eggs, powdered	1 pound 2 ounces	1½ No. 56 dippers
Milk, evaporated	2¼ 14-ounce cans	
Water, for evaporated milk		1 No. 56 dipper
or		
Milk, powdered	½ pound	½ No. 56 dipper
Water, for powdered milk		1¾ No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Pepper		½ mess kit spoon
Baking powder		1 mess kit spoon

1. Combine evaporated milk and water, or reconstitute powdered milk.
2. Add egg powder to one-third of the milk, beating constantly to make a smooth paste. Add remainder of milk and mix until smooth.
3. Add salt and pepper to egg mixture. Add baking powder just before cooking.
4. Pour individual portions on a hot greased griddle. Turn over and fold. Serve hot.

c. FRENCH TOAST.

100 Servings
Portion: 1 slice

Ingredients	Weights	Measures
Eggs, powdered	2 pounds	2½ No. 56 dippers
Water, for eggs		3 No. 56 dippers
Milk, evaporated		
Water, for evaporated milk		1 No. 56 dipper
or	8 ounces	
Milk, powdered		½ No. 56 dipper
Water, for powdered milk	1 ounce	1¾ No. 56 dippers
Salt		2 mess kit spoons
Bread	3 pounds	100 slices
Fat, for frying	2 14-ounce cans	1½ No. 56 dippers

1. Pour one-third of the water into a stockpot. Add eggs and stir vigorously with a whip to eliminate all lumps.
2. When smooth, add remaining water, salt, and milk. Stir until well mixed.
3. Pour liquid into shallow pans and dip slices of bread into the egg mixture.
4. Fry in fat until brown, turn and brown on other side.

d. POTATO OMELET

100 Servings
Portion: approximately 5 ounces or 1 3-inch square

Ingredients	Weights	Measures
Potatoes, dehydrated, diced or julienne	2 pounds	3 No. 56 dippers
Water, for potatoes		5½ No. 56 dippers
Bacon	10 pounds	
Eggs, powdered	3 pounds	4 No. 56 dippers
Water, for eggs		4½ No. 56 dippers
Salt	4 ounces	8 mess kit spoons
Pepper		2/3 mess kit spoons
Milk, evaporated	2 14-ounce cans	
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper

1. Soak potatoes in water for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes), and simmer for 10 to 15 minutes, or until tender. Drain.
3. Arrange slices of bacon in large baking pan. Fry until crisp. Remove and keep warm until served.
4. Add diced potatoes to bacon fat and fry until brown. (Use only 1 No. 56 dipper of bacon fat. Drain off any in excess.)
5. Add egg powder to one-third of the water and beat until all lumps are removed. Add remaining water gradually and continue mixing until smooth. Beat until light.
6. Add seasonings and milk to eggs and beat vigorously. Pour the egg and milk mixture over the potatoes.
7. Bake in a moderate oven for approximately 30 minutes. (Do not overcook the eggs.)
8. Cut into 3-inch squares, and place a slice of bacon on top of each serving.

e. SCRAMBLED EGGS.—

(1) Basic Recipe for Scrambled Eggs.

25 Servings
Portion: approximately 3½ ounces or 1 serving spoon

Ingredients	Weights	Measures
Eggs, powdered	1½ pounds	2 No. 56 dippers
Water*		2½ No. 56 dippers
Salt		To taste
Pepper		To taste
Fat	1 pound	½ No. 56 dipper

*1 14-ounce can of evaporated milk can be substituted for ½ No. 56 dipper of water.

1. Pour one-third of the water into a 10-gallon stockpot.
2. Add powdered eggs. Stir vigorously with whip to eliminate all lumps.
3. Tip pot while stirring to obtain a smooth mixture.
4. When smooth, add remaining water gradually. Add salt and pepper.
5. Melt fat and heat to frying temperature.
6. Pour in liquid eggs. Stir as eggs begin to set, and continue stirring until eggs are about ready to serve.
7. Remove from fire while eggs are still soft, for they will continue to set slightly after removal from the fire.

(2) Diced Bacon and Scrambled Eggs.

Fry 2 No. 56 dippers (3 pounds) of diced bacon. The bacon fat may be used in place of the fat in the above recipe. Pour the reconstituted eggs over the diced fried bacon and cook till the eggs are of desired firmness.

(3) Luncheon Meat and Scrambled Eggs.

Add 2 No. 56 dippers (3 pounds) of diced luncheon meat to the scrambled eggs as they begin to thicken.

(4) Pork Sausage and Scrambled Eggs.

Omit fat in the above recipe and use pork sausage fat. Add 1¾ No. 56 dippers (2 pounds) of diced pork sausage as eggs begin to thicken.

(5) Spanish Sauce and Scrambled Eggs.

Use recipe for Spanish sauce (see par. 27*r*). Serve scrambled eggs with the hot sauce.

f. WESTERN OMELET.

25 Servings

Ingredients	Weights	Measures
Eggs, powdered	1 pound, 2 ounces	1½ No. 56 dippers
Milk, evaporated	2¼ 14-ounce cans	
Water, for evaporated milk		1 No. 56 dipper
or		
Milk, powdered	½ pound	½ No. 56 dipper
Water, for powdered milk		1¾ No. 56 dippers
Luncheon meat, ground	1½ pounds	
Onions, dehydrated		¼ No. 56 dipper
Water		½ No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		½ mess kit spoon
Baking powder		½ mess kit spoon

1. Combine evaporated milk and water, or reconstitute powdered milk.
2. Add egg powder to one-third of the milk, beating constantly to make a smooth paste. Add remainder of milk and mix until smooth.
3. Soak onions in water for 20 to 40 minutes.
4. Add onions, meat, salt, and pepper to egg mixture. Add baking powder just before cooking.
5. Pour individual portions on a hot greased griddle. Turn once and serve hot.

SECTION VI

FRITTERS AND PANCAKES

SECTION VI

FRITTERS AND PANCAKES

FRITTERS AND PANCAKES

20. GENERAL.—Powdered eggs, combined in some cases with other dehydrated products, may be used to make various types of fritters and pancakes.

21. RECIPES.—

a. APPLE FRITTERS.

100 Servings
Portion: 2 fritters

Ingredients	Weights	Measures
Apple nuggets, dehydrated	1½ pounds	2 No. 56 dippers
Water, for nuggets		4½ No. 56 dippers
Flour, sifted	4½ pounds	4½ No. 56 dippers
Sugar, granulated	1¾ pounds	⅞ No. 56 dipper
Baking powder	2¼ ounces	6 mess kit spoons
Salt	2¼ ounces	4½ mess kit spoons
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Eggs, powdered	6 ounces	½ No. 56 dipper
Water, for eggs		2/3 No. 56 dipper
Shortening, melted	6 ounces	1/5 No. 56 dipper

1. Add apple nuggets to water and bring slowly to a boil in a covered container.
2. Simmer for 10 minutes or until apples are tender. (Drain off any excess liquid.)
3. Sift flour, sugar, baking powder, and salt together.
4. Combine milk and water, or reconstitute powdered milk.
5. Reconstitute eggs by adding powder to one-third of the water and stirring to make a smooth paste. Add the remaining water and mix thoroughly.
6. Combine milk, eggs, and shortening; mix well.
7. Add these ingredients to the flour mixture; stir until smooth. Add apple sauce.
8. Drop small spoonfuls into hot deep fat and fry for 6 or 7 minutes, turning frequently to cook them evenly.
9. Drain on absorbent paper. Serve hot.

b. CORN FRITTERS.

100 Servings
Portion: 2 fritters

Ingredients	Weights	Measures
Eggs, powdered	8 ounces	2/3 No. 56 dipper
Corn, canned, cream style	2½ No. 10 cans	
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	¼ pound	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Flour	4⅓ pounds	3⅓ No. 56 dippers
Sugar, granulated	1 pound	½ No. 56 dipper
Salt	3 ounces	6 mess kit spoons
Baking powder	2¼ ounces	6 mess kit spoons
Shortening, melted	½ pound	¼ No. 56 dipper
Fat, for frying	4 pounds	2 No. 56 dippers

1. Combine eggs and corn; mix until the eggs are smooth.
2. Combine milk and water, or reconstitute milk, and add to the corn-and-egg mixture.
3. Sift dry ingredients together. Add milk-and-egg mixture gradually to sifted dry ingredients. Add melted shortening and beat until smooth.
4. Drop batter with spoon onto greased griddles. Fry till brown (approximately 3 minutes on each side). Serve with sirup or jelly.

c. PANCAKES.

100 Servings
Portion: 4 pancakes

Ingredients	Weights	Measures
Eggs, powdered	12 ounces	1 No. 56 dipper
Sugar, granulated	3 pounds	1½ No. 56 dippers
Salt	5 ounces	10 mess kit spoons
Milk, powdered	3 pounds	3 No. 56 dippers
Water, for powdered milk		11 No. 56 dippers
or		
Milk, evaporated	13 14-ounce cans	
Water, for evaporated milk		6 No. 56 dippers
Shortening, melted	2½ pounds	1¼ No. 56 dippers
Flour, sifted	15 pounds	15 No. 56 dippers
Baking powder	15 ounces	½ No. 56 dipper

1. Mix eggs, sugar, salt, and powdered milk together thoroughly. (If evaporated milk is used, omit powdered milk in dry mix.)
2. Add enough water to smake a smooth paste. Add remaining water and beat until smooth.
3. If evaporated milk is used combine milk and water and add to dry ingredients gradually, making a smooth paste.
4. Add melted shortening and beat until smooth.
5. Mix flour, baking powder, and add to batter. Mix only until smooth.
6. Fry on hot greased griddle until brown on both sides.

d. FRENCH PANCAKES.

100 Servings
Portion: 2 pancakes

Ingredients	Weights	Measures
Eggs, powdered	6 pounds	8 No. 56 dippers
Flour, sifted	2¼ pounds	2¼ No. 56 dippers
Salt	3 ounces	6 mess kit spoons
Baking powder	4½ ounces	12 mess kit spoons
Water		8¼ No. 56 dippers

1. Mix thoroughly the dried eggs, flour, salt, and baking powder.
2. Add this mixture to one-third of the water. Stir until smooth. Add the remainder of water and beat till smooth.
3. Drop batter on a hot greased griddle, using a large serving spoon.
4. Fry till brown on one side, turn over and brown on the other side.

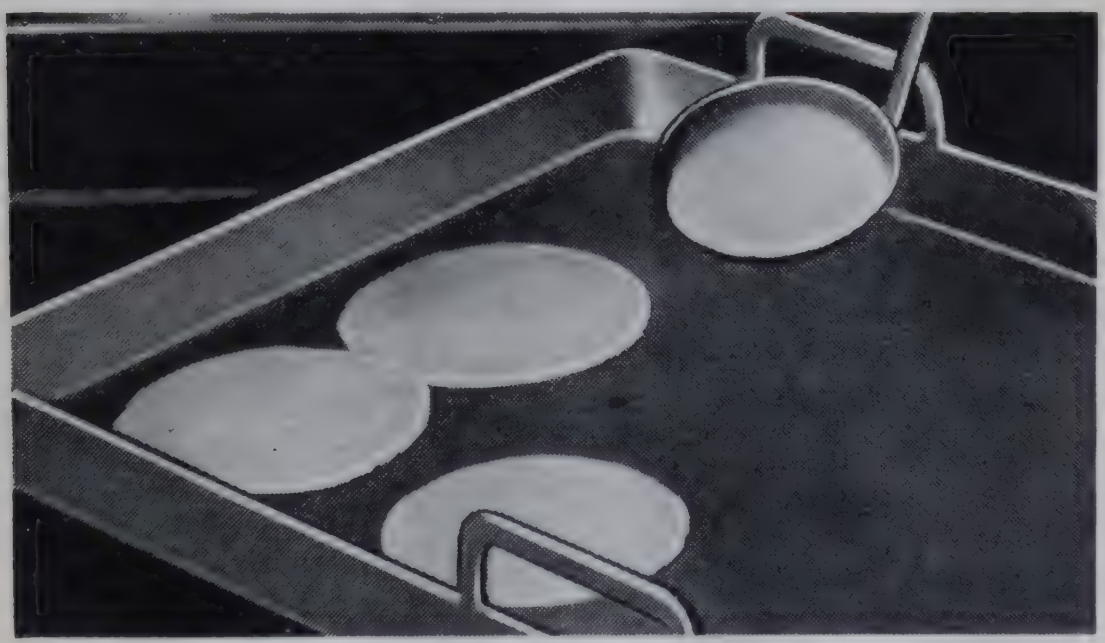

Figure 10.—Dropping egg batter on griddle.

SECTION VII

VEGETABLES

SECTION VII

VEGETABLES

SECTION VII

VEGETABLES

22. GENERAL.—*a.* Vegetables are usually prepared by one of four cooking methods—baking, boiling, frying, or pickling. A properly reconstituted dehydrated vegetable can be adapted to each of these methods.

b. Dehydrated vegetables, with the exception of onions and cabbage, are packed in cubed or julienne form. Cabbage is packed finely shredded and onions in chip or flake form.

23. RECIPES.—The following recipes give a few of the methods by which dehydrated vegetables can be prepared. The ingenious cook will be able to add variations of his own. To improve vegetable flavor, add seasoning if available.

a. BEETS.—

(1) Buttered Beets.

100 Servings
Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Beets, dehydrated	3¼ pounds	4 No. 56 dippers
Water, for beets		14 No. 56 dippers
Army spread	1 pound	½ No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Pepper	½ ounce	2 mess kit spoons

1. Soak beets for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes).
3. Simmer in a covered stockpot for 20 to 30 minutes, or until tender. Drain.
4. Melt Army spread. Add seasoning.
5. Pour over drained beets. Serve hot.

(2) Harvard Beets.

100 Servings
Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Beets, dehydrated	3¼ pounds	4 No. 56 dippers
Water, for beets		14 No. 56 dippers
Beet juice		4 No. 56 dippers
Sugar, granulated	1 pound	½ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Cornstarch	7 ounces	⅓ No. 56 dipper
Water		2 No. 56 dippers
Vinegar		1 No. 56 dipper
Army spread	8 ounces	¼ No. 56 dipper

LIBRARY

1. Soak beets for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 20 to 30 minutes or until beets are tender. Drain and save beet juice.
4. Bring 4 quarts of beet juice to a boil in a large stockpot. (Add water, if necessary, to make 4 quarts).
5. Combine sugar, salt, and cornstarch. Add a small quantity of beet juice to cornstarch mixture and mix until smooth.
6. Add this mixture gradually to the remaining hot beet juice. Heat to the boiling point.
7. Add vinegar and Army spread to the thickened beet juice. Add drained beets and mix thoroughly.

Figure 11.—Beets before reconstitution; completed Harvard beets; average serving.

(3) Sweet-Sour Beets.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Beets, dehydrated	3¼ pounds	4 No. 56 dippers
Water, for beets		14 No. 56 dippers
Vinegar (50 grain)		1 No. 56 dipper
Sugar, granulated	11 ounces	⅓ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak beets for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes).
3. Simmer for 20 to 30 minutes in a covered stockpot until beets are tender. Drain.
4. Combine vinegar, sugar, salt, and pepper, and bring to the boiling point.
5. Add to beets and stir well. Serve hot.

b. CABBAGE.—

(1) Cabbage and Bacon.

100 Servings
Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Cabbage, dehydrated	3½ pounds	11 No. 56 dippers
Water, for cabbage		17 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
Bacon, diced	3 pounds	2 No. 56 dippers
Pepper		½ mess kit spoon

1. Soak cabbage in water for 20 minutes.
2. Bring slowly to a boil in an uncovered stockpot (about 45 minutes).
3. Add salt and simmer for 10 minutes, or until tender.
4. Drain, leaving about half of the liquid on the cabbage.
5. Fry diced bacon until it is lightly brown.
6. Add bacon, bacon grease, and pepper to the cabbage, and mix thoroughly. Serve hot.

(2) Creamed Cabbage.

100 Servings
Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Cabbage, dehydrated	3 pounds	9½ No. 56 dippers
Water, for cabbage		15 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
White sauce, medium		8 No. 56 dippers
Pepper	¼ ounce	1 mess kit spoon

1. Soak cabbage in water for 20 minutes.
2. Bring slowly to a boil in an uncovered stockpot (about 45 minutes).
3. Add salt and simmer for 10 minutes, or until tender. Drain and save surplus water.
4. Prepare white sauce as given in paragraph *27s(2)* or *t(2)*. Use drained surplus water as part of liquid to prepare white sauce.
5. Combine white sauce, cabbage, and pepper.

(3) Scalloped Cabbage.

100 Servings

Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Cabbage, dehydrated	3 pounds	9½ No. 56 dippers
Water, for cabbage		15 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
White sauce, medium		8 No. 56 dippers
Bread or cracker crumbs	2 pounds	2 No. 56 dippers
Fat, melted	½ pound	¼ No. 56 dipper

1. Soak cabbage in water for 20 minutes.
2. Bring slowly to a boil in an uncovered container (about 45 minutes).
3. Add salt and simmer for 10 minutes, or until tender. Drain and save the surplus water.
4. Arrange cabbage in layers in baking pan.
5. Prepare medium white sauce (see par. *27s(2)*). Use drained surplus water as part of the liquid to prepare white sauce.
6. Combine cabbage and white sauce.
7. Pour melted fat over bread crumbs and mix. Sprinkle over top of creamed cabbage mixture.
8. Bake in moderate oven for 20 to 30 minutes.

c. CARROTS.—

(1) Buttered Carrots.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	4 pounds	4½ No. 56 dippers
Water, for carrots		14 No. 56 dippers
Army spread	1½ pounds	¾ No. 56 dipper
Salt	3 ounces	6 mess kit spoons
Pepper		To taste

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 15 to 25 minutes, or until tender. Drain.
4. Melt Army spread. Add Army spread, salt, and pepper to carrots and mix thoroughly.

(2) Creamed Carrots.

If creamed carrots are desired, use the preceding recipe for buttered carrots, but omit Army spread and use 4 No. 56 dippers of medium white sauce (see par. 27*s*(2)). Use surplus water from carrots as part of liquid in preparation of white sauce.

(3) Buttered Carrots with Corn.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	1¾ pounds	2 No. 56 dippers
Water, for carrots		9 No. 56 dippers
Corn, whole-kernel, canned	2 No. 10 cans	
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Army spread	1½ pounds	¾ No. 56 dipper

1. Soak carrots for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 15 to 25 minutes or until tender. Drain.
4. Combine carrots and corn and add salt and pepper.
5. Melt Army spread and pour over mixed carrots and corn before serving. Serve hot.

(4) Carrots and Peas.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	1¾ pounds	2 No. 56 dippers
Water, for carrots		6 No. 56 dippers
Peas, canned	2 No. 10 cans	
Army spread	1½ pounds	¾ No. 56 dipper
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak carrots for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 15 to 25 minutes, or until tender. Drain.
4. Combine carrots and peas.
5. Melt Army spread. Mix melted Army spread, salt, and pepper with peas and carrots, and serve hot.

(5) Creamed Carrots and Peas.

If creamed carrots and peas are desired, use the preceding recipe for carrots and peas but omit Army spread and use 4 No. 56 dippers of medium white sauce (see par. *27s(2)*). Use surplus water drained from carrots and peas as part of liquid in preparing white sauce.

(6) Glazed Carrots.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	4 pounds	4½ No. 56 dipper
Water, for carrots		14 No. 56 dippers
Sugar, granulated	2½ pounds	1¼ No. 56 dipper
Water, boiling		¾ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Army spread	1 pound	½ No. 56 dipper

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 15 to 25 minutes or until tender. Drain.
4. Add sugar to the boiling water. Stir until sugar is dissolved.
5. Reheat to the boiling point, and boil without stirring for about 3 minutes until a thin sirup is formed.
6. Add salt and Army spread. Stir until Army spread is completely melted.
7. Place carrots in greased baking pan and pour sirup over carrots.
8. Bake in moderate oven for about 20 minutes, basting frequently with sirup.

(7) Lyonnaise Carrots.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	3½ pounds	4 No. 56 dippers
Water, for carrots		12½ No. 56 dippers
Onions, dehydrated	8 ounces	1 No. 56 dipper
Water, for onions		2 No. 56 dippers
Fat	1½ pounds	¾ No. 56 dipper
Salt	2½ ounces	5 mess kit spoons
Pepper		To taste
Sugar	8 ounces	¼ No. 56 dipper

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 15 to 25 minutes, or until tender. Drain.
4. Soak onions in water for 20 minutes.
5. Melt fat and add onions. Fry onions until light brown.
6. Combine onions and fat used in frying, salt and pepper, and sugar, and pour over carrots. Mix lightly.

(8) Sweet Sour Carrots.

100 Servings

Portion : approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	4 pounds	4½ No. 56 dippers
Water, for carrots		14 No. 56 dippers
Vinegar (50 grain)		1¼ No. 56 dippers
Sugar, granulated	2½ pounds	1¼ No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Water		¾ No. 56 dipper
Cornstarch	5 ounces	¼ No. 56 dipper
Army spread	1 pound	½ No. 56 dipper

1. Soak carrots for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 15 to 25 minutes, or until tender. Drain.
4. Bring vinegar, sugar, salt, and pepper to a boil.
5. Add cornstarch gradually to water and then add to hot vinegar mix. Cook for 5 minutes.
6. Add Army spread and stir until melted. Pour sauce over carrots and mix well.

(9) Whipped Creamed Carrots.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Carrots, dehydrated	4 pounds	4½ No. 56 dippers
Water, for carrots		14 No. 56 dippers
Milk, evaporated	2 14-ounce cans	
Water, for evaporated milk		1 No. 56 dipper
or		
Milk, powdered	½ pound	½ No. 56 dipper
Water, for powdered milk		1¾ No. 56 dippers
Army spread	1 pound	½ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Pepper		To taste

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to the boiling point in a covered stockpot (about 45 minutes).
3. Simmer for 15 to 20 minutes or until tender. Drain and save surplus water. Mash by beating with a wire whip.
4. Combine milk and water (use surplus water) or reconstitute the milk.
5. Add Army spread and heat milk until spread is completely melted.
6. Add milk mixture, salt, and pepper to mashed carrots. Beat well.
7. Place in a greased pan and bake in a moderate oven for 30 minutes.

d. CORN PUDDING.

100 Servings

Portion: approximately 3½ ounces or 1½ serving spoons

Ingredients	Weights	Measures
Milk, evaporated	3 14-ounce cans	
Water, for evaporated milk		1½ No. 56 dippers
or		
Milk, powdered	¾ pound	¾ No. 56 dipper
Water, for powdered milk		3 No. 56 dippers
Corn, cream style	2 No. 10 cans	
Bread crumbs, dry	1¾ pounds	1¾ No. 56 dippers
Pepper	¼ ounce	1 mess kit spoon
Salt	3 ounces	6 mess kit spoons
Eggs, powdered	18 ounces	1½ No. 56 dippers
Water		1¾ No. 56 dippers

1. Combine evaporated milk and water, or reconstitute the powdered milk.
2. Add milk, bread crumbs, salt, and pepper to corn. Mix thoroughly.
3. Add egg powder to one-third of the water, beating constantly to make a smooth paste. Add remainder of water and mix until smooth.
4. Add to corn mixture and mix well.
5. Pour into a greased baking pan and bake in moderate oven for 1 hour, or until knife inserted in center comes out clean.

e. ONIONS.—

(1) Onions au Gratin.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Onions, dehydrated	1½ pounds	3 No. 56 dippers
Water, for onions		7 No. 56 dippers
White sauce, medium		6 No. 56 dippers
Salt	3 ounces	6 mess kit spoons
Mustard, dry	2¼ ounces	9 mess kit spoons
Cheese, shredded	1 pound	1 No. 56 dipper
Fat, melted	4 ounces	8 mess kit spoons
Bread or cracker crumbs	1½ pounds	1½ No. 56 dippers

1. Soak onions in water for approximately 20 minutes.
2. Cover and simmer for 10 minutes, or until tender. Drain and save surplus.
3. Prepare white sauce (see par. 27*s*(2)), using drained surplus water as part of liquid to prepare white sauce.
4. Add mustard, salt, and three-fourths of the cheese. Stir until the cheese is melted.
5. Pour melted fat over bread crumbs.
6. Arrange layers of onions and cheese sauce in well-greased baking pan, and cover with crumbs and remaining cheese.
7. Bake in moderate oven for 20 to 30 minutes.

(2) Fried Onions.

100 Servings

Portion: approximately 2 ounces or 1 level serving spoon.

Ingredients	Weights	Measures
Onions, dehydrated	2 pounds	4 No. 56 dippers
Water, for onions		8 No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Pepper		To taste
Fat, bacon	2½ pounds	1¼ No. 56 dippers

1. Soak onions in water for 20 to 40 minutes.
2. Sprinkle with salt and pepper.
3. Add bacon fat; cover and fry until onions are brown and tender, stirring frequently.

(3) Scalloped Onions.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Onions, dehydrated	1½ pounds	3 No. 56 dippers
Water, for onions		7 No. 56 dippers
Fat	4 ounces	8 mess kit spoons
Bread crumbs, moist	3 pounds	1½ No. 56 dippers
White sauce, medium		6 No. 56 dippers
Salt	3 ounces	6 mess kit spoons

1. Soak onions in water for approximately 20 minutes.
2. Cover and simmer for 10 minutes, or until tender. Drain and save surplus water.
3. Pour melted fat over bread crumbs and mix.
4. Prepare white sauce (see par. *27s(2)*). Use drained surplus water as part of the liquid to prepare white sauce.
5. Mix reconstituted onions, white sauce, salt, and two-thirds of the crumbs in well-greased baking dish. Top with remaining crumbs.
6. Bake in moderate oven for 20 to 30 minutes.

f. WHITE POTATOES.—

(1) Potatoes au Gratin.

100 Servings

Portion: approximately 6 ounces or 2 serving spoons

Ingredients	Weights	Measures
Potatoes, dehydrated, diced	7 pounds	10 No. 56 dippers
Water, for potatoes		19 No. 56 dippers
White sauce, medium		6 No. 56 dippers
Cheese, shredded	3 pounds	3 No. 56 dippers
Mustard, dry	¼ ounce	1 mess kit spoon
Salt	3 ounces	6 mess kit spoons
Fat	8 ounces	¼ No. 56 dipper
Bread or cracker crumbs, dry	1 pound	1 No. 56 dipper

1. Soak potatoes for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 10 to 15 minutes, or until potatoes are tender but not mushy. Drain well, saving surplus water.
4. Prepare medium white sauce, using Army spread (see par. 27*t*(2)). Use drained surplus water as part of liquid in preparation of white sauce.
5. Add salt, mustard, and two-thirds of the cheese to the sauce. Stir until cheese is melted.
6. Mix potatoes and cheese sauce and put in well-greased baking pans.
7. Melt fat and mix with bread crumbs and the remainder of the cheese. Sprinkle over potatoes.
8. Bake in moderate oven for approximately 20 minutes.

(2) Creamed Potatoes.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Potatoes, dehydrated, diced	7 pounds	10 No. 56 dippers
Water, for potatoes		19 No. 56 dippers
White sauce, medium		4 No. 56 dippers
Salt	4½ ounces	9 mess kit spoons
Pepper		½ mess kit spoon

1. Soak potatoes in water for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 10 minutes, or until potatoes are tender but not mushy. Drain well. (Save surplus water.)
4. Prepare medium white sauce (see par. 27*s*(2)). Use drained surplus water as part of liquid in preparation of white sauce.
5. Add salt, pepper, and white sauce to drained potatoes and serve.

(3) Hashed Brown or Fried Potatoes.

100 Servings
Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Potatoes, dehydrated, diced	7 pounds	10 No. 56 dippers
Water		19 No. 56 dippers
Fat	4 pounds	2 No. 56 dippers
Salt	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak potatoes for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 10 to 15 minutes, or until potatoes are tender but not mushy. Drain well and cool.
4. Heat fat in baking pan to frying temperature. Add potatoes and mix lightly with fat. (Divide the potatoes and fat into two or three batches, and fry separately. This will give a better finished product.)
5. Add salt and pepper. Turn potatoes after those on the bottom have been frying for about 10 minutes or are a light brown.
6. Continue frying for about 15 minutes more, occasionally turning potatoes.

(4) Hashed Brown Potatoes (Potato Shreds).

100 Servings
Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Potato shreds	10 pounds	16 No. 56 dippers
Water, cool		10 No. 56 dippers
Fat	4 pounds	2 No. 56 dippers
Salt	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Soak potato shreds in cool water for 3 minutes. Drain.
2. Melt fat in roast pan and heat to frying temperature. Add drained potato shreds, salt, and pepper.
3. Fry potatoes for about 10 minutes. Turn and continue frying for about 15 minutes. (Care must be taken not to turn potatoes too often or product will be mushy.)

(5) Lyonnaise Potatoes.

Prepare exactly like hashed brown potatoes (see two preceding recipes), but reconstitute separately 1¼ No. 56 dippers (12 ounces) of dehydrated onions by soaking for 20 minutes in 2½ No. 56 dippers of water. Fry onions with potatoes.

(6) Mashed Potatoes from Precooked Potato Shreds.

100 Servings

Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Potatoes, precooked shreds	6 pounds	9½ No. 56 dippers
Water		9 No. 56 dippers
Salt	4 ounces	8 mess kit spoons
Milk, evaporated	2 14-ounce cans	
Water, for evaporated milk		2 No. 56 dippers
or		
Milk, powdered, whole	1 pound	1 No. 56 dipper
Water, for powdered milk		3¾ No. 56 dippers
Army spread	1½ pounds	¾ No. 56 dipper

1. Bring water to the boiling point in a large stockpot.
2. Measure the potatoes accurately and pour into the boiling water. Stir potatoes only enough so that all the shreds are submerged in the water.
3. Let stand in covered container in a warm place for 20 minutes, or over a low flame for 10 minutes.
4. Add salt. Combine evaporated milk with water, or reconstitute the powdered milk.
5. Add Army spread to milk mixture and heat until Army spread is completely melted.
6. Add the hot milk mixture gradually to potatoes, whipping constantly. Beat well.

(7) Mashed Potatoes from Julienne or Cubed Potatoes.

100 Servings

Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Potatoes, dehydrated, diced	7 pounds	10 No. 56 dippers
Water, for potatoes		19 No. 56 dippers
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Salt	4 ounces	8 mess kit spoons
Army spread	2 pounds	1 No. 56 dipper

1. Soak potatoes for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for approximately 10 to 15 minutes, or until potatoes are very tender. Drain and save surplus water.
4. Mash the drained potatoes until they are as smooth as possible. (Not all the lumps can be removed.)
5. Combine evaporated milk with drained surplus water or reconstitute the powdered milk with this cool potato water.
6. Add Army spread and salt to milk and heat until Army spread is completely melted.
7. Add hot milk mixture to potatoes, whipping constantly.

(8) Potato Puffs.

This recipe is designed to use left-over mashed potatoes.

100 Servings
Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Eggs, powdered	6 ounces	½ No. 56 dipper
Water, for eggs		½ No. 56 dipper
Army spread	1 pound	½ No. 56 dipper
Potatoes, white, mashed	32 pounds	16 No. 56 dippers
Salt		To taste
Pepper		To taste

1. Combine evaporated milk and water, or reconstitute powdered milk.
2. Add egg powder to one-third of the water, beating constantly to make a smooth paste. Add remainder of the water and mix until smooth.
3. Melt Army spread. Combine milk, eggs, half of the Army spread, mashed potatoes, salt, and pepper. Mix well.
4. Place potato mixture in well-greased baking pans. Pour remaining Army spread over top.
5. Bake in moderate oven for 20 to 30 minutes.

(9) Potato Cakes or Balls.

(*a*) This recipe, like the preceding one, can make use of left-over mashed potatoes.

(*b*) Take 16 No. 56 dippers (32 pounds) of white mashed potatoes (see (6) and (7) above). Form into small cakes or balls, roll in cracker crumbs (3½ No. 56 dippers) and pan- or deep-fat fry.

g. SWEET POTATOES.—

(1) Sweet Potatoes and Apples.

100 Servings

Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	7 pounds	7 No. 56 dippers
Water, for potatoes		10½ No. 56 dippers
Apple nuggets	2¼ pounds	3 No. 56 dippers
Water, for apples		7 No. 56 dippers
Sugar, granulated	4 pounds	2 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Fat, melted	10 ounces	⅓ No. 56 dipper

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 20 to 30 minutes, or until tender. Drain.
4. Soak apple nuggets for 20 minutes.
5. Bring slowly to a boil and simmer for 10 to 20 minutes or until apples are tender. Add sugar.
6. Add salt to sweet potatoes and place apples and sweet potatoes in layers in a baking pan. Pour melted fat over top.
7. Bake in moderate oven for 30 minutes.

(2) Sweet Potato Balls or Croquettes.

100 Servings

Portion: 2 croquettes—1½-inch balls

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	8 pounds	8 No. 56 dippers
Water, for potatoes		12 No. 56 dippers
Milk, evaporated	2 14-ounce cans	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	½ pound	½ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Army spread	1 pound	½ No. 56 dipper
Salt	2 ounces	4 mess kit spoons
For dipping:		
Eggs, powdered	12 ounces	1 No. 56 dipper
Water, for eggs		1 No. 56 dipper
Bread or cracker crumbs		2½ No. 56 dippers

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 20 to 30 minutes, or until tender. Drain, saving surplus water, and mash.
4. Combine milk and water, or reconstitute powdered milk. Use cool surplus water as part of liquid to reconstitute milk.
5. Add Army spread to milk and heat until Army spread is melted. Add milk mixture and salt to potatoes.
6. Mash by stirring vigorously with a wire whip. Cool and form into balls or croquettes.
7. Reconstitute the eggs as instructed in paragraph 10. Dip balls or croquettes in egg mixture and roll in bread crumbs.
8. Fry balls or croquettes in deep fat until brown.

Figure 12.—Sweet potato balls.

(3) Buttered Sweet Potatoes (Mashed).

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	8 pounds	8 No. 56 dippers
Water, for sweet potatoes		12 No. 56 dippers
Milk, evaporated	2 14-ounce cans	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Army spread	2 pounds	1 No. 56 dipper
Salt	2½ ounces	5 mess kit spoons

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 20 to 30 minutes, or until tender. Drain and save surplus water.
4. Combine milk and potato water, or reconstitute powdered milk using cool potato water as part of liquid.
5. Add Army spread to milk and heat until spread melts.
6. Add milk mixture and salt to potatoes.
7. Mash by stirring vigorously with a wire whip.

(4) Baked Sweet Potatoes and Pineapple.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	7 pounds	7 No. 56 dippers
Water, for potatoes		10½ No. 56 dippers
Pineapple, diced	1 No. 10 can	
Army spread	2 pounds	1 No. 56 dipper
Salt	2 ounces	4 mess kit spoons

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 20 to 30 minutes, or until tender. Drain and mash.
4. Drain pineapple and save juice. Cut pineapple into ½-inch pieces. Melt Army spread.
5. Add pineapple, pineapple juice, Army spread, and salt to sweet potatoes and mix thoroughly.
6. Place in greased baking pan and bake in moderate oven for 30 minutes.

(5) Baked Sweet Potatoes with Raisins.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Prepare the recipe for baked sweet potatoes and pineapple, substituting 2 No. 56 dippers of raisins for the pineapple. Soak the raisins in water for 30 minutes before using.

(6) Glazed Sweet Potatoes.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	8 pounds	8 No. 56 dippers
Water, for potatoes		12 No. 56 dippers
Sugar, granulated	3 pounds	1½ No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Army spread	1 pound	½ No. 56 dipper

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 20 to 30 minutes or until tender. Drain and save surplus water.
4. Mix sugar and 2 quarts of surplus water. Bring to a boil and stir only until sugar is dissolved.
5. Simmer without stirring for approximately 5 minutes.
6. Add Army spread and salt to hot sirup and heat until Army spread has completely dissolved.
7. Pour sirup over potatoes and bake in moderate oven for 30 minutes.

Note: Potatoes may be mashed and hot sirup added during whipping. Bake as directed above.

SECTION VIII

FRUIT AND VEGETABLE SALADS

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24. GENERAL.—The following recipes for salads use both dehydrated vegetables and fruits. Since dehydrated foods are cooked to some extent in the process of dehydration, they will not reconstitute entirely to their original crisp texture. If refrigeration is available, chilling the salad ingredients—for example, cabbage for cabbage slaw—during the soaking process will improve their texture. Some of the recipes can be used only when refrigeration is available. Such dehydrated vegetables as cabbage and carrots are particularly good when prepared in a molded type of salad.

25. RECIPES.—

a. CABBAGE, APPLE AND PINEAPPLE SALAD.

100 Servings

Portion: one square, 2½ by 2 by 1½ inches

Ingredients	Weights	Measures
Cabbage, dehydrated	10 ounces	2 No. 56 dippers
Water, for cabbage		4 No. 56 dippers
Gelatin, lemon-flavored	3¼ pounds	2½ No. 56 dippers
Water, boiling		4 No. 56 dippers
Pineapple, canned	1 No. 10 can	
Lemon juice powder, synthetic		1 mess kit spoon
Water, cold, and pineapple juice		4 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Apple nuggets, dehydrated	12 ounces	1 No. 56 dipper

1. Soak cabbage in cold water for 40 minutes. Drain.
2. Dissolve gelatin powder in boiling water.
3. Drain pineapple and save juice. Cut pineapple into 1-inch pieces.
4. Add cold water to pineapple juice to make 4 quarts.
5. Dissolve lemon powder in this cold water and add with salt to the gelatin mixture. Chill until slightly thickened.
6. Add drained cabbage, cut pineapple, and add with dry apple nuggets to the gelatin mixture.
7. Pour into shallow pans. Chill until firm. Cut into squares.

b. CABBAGE SLAW.

100 Servings
Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Cabbage, dehydrated	3 pounds	9½ No. 56 dippers
Water, cold, for cabbage		15 No. 56 dippers
Onions, dehydrated	8 ounces	1 No. 56 dipper
Water, for onions		2 No. 56 dippers
Vinegar (50 grain)		½ No. 56 dipper
Salt	4 ounces	8 mess kit spoons
Pepper	½ ounce	2 mess kit spoons
Sugar, granulated	12 ounces	⅓ No. 56 dipper
Salad dressing or mayonnaise		2 No. 56 dippers

1. Pour cold water over the cabbage and allow to soak for 3½ to 4 hours. (For best results, place soaking cabbage in a refrigerator; long soaking at high temperature is to be avoided.) If ice is available, add a small piece to the cabbage while it is soaking.
2. Soak onions in water for 20 minutes. Drain and add vinegar, salt, pepper, and sugar to the onions and let stand until the cabbage is ready.
3. Drain all surplus water from the cabbage and combine with onion and vinegar mixture.
4. Add mayonnaise or salad dressing and serve.

c. CABBAGE AND CARROT SALAD.

100 Servings
Portion: one square, 2½ by 2 by 1½ inches

Ingredients	Weights	Measures
Carrots, dehydrated	14 ounces	1 No. 56 dipper
Water, for carrots		3½ No. 56 dippers
Cabbage, dehydrated	5 ounces	1 No. 56 dipper
Water, for cabbage		2 No. 56 dippers
Gelatin, lemon-flavored	3¼ pounds	2½ No. 56 dippers
Water, boiling		4 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Lemon juice powder, synthetic		1 mess kit spoon
Water, cold		4 No. 56 dippers

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered container.
3. Simmer for 15 to 25 minutes, or until tender. Remove from heat, drain, and cool.

4. Soak cabbage in cold water for 40 minutes. Drain.
5. Dissolve gelatin powder in boiling water.
6. Dissolve synthetic lemon powder in the cold water.
7. Add cold water and the salt to the gelatin. Chill until slightly thickened.
8. Add drained carrots and cabbage and mix well.
9. Pour into shallow pans. Chill until firm, and cut into squares.

d. CRANBERRY SALAD.

100 Servings
Portion: one square, 2½ by 2 by 1½ inches

Ingredients	Weights	Measures
Gelatin, plain	4 ounces	¼ No. 56 dipper
Water, cold		½ No. 56 dipper
Cranberries, dehydrated, sliced*	1 pound	¾ No. 56 dipper
or		
Cranberries, dehydrated, whole	1 pound	3 No. 56 dippers
Water, for cranberries		8 No. 56 dippers
Sugar, granulated	8 pounds	4 No. 56 dippers
Apple nuggets, dehydrated	8 ounces	2/3 No. 56 dipper
Water, for apple nuggets		1⅓ No. 56 dippers

*If compressed cranberry slices are used, do not use volume measurements. Note weight given on box.

1. Soak gelatin in cold water.
2. Add cranberries to water. Bring to a boil over a slow fire and simmer for 15 minutes.
3. Add sugar and continue boiling for 5 to 10 minutes. Pour over soaked gelatin. Cool.
4. Soak apples in water for 20 to 40 minutes.
5. Add apples and juice to cooled gelatin mixture. Chill and serve.

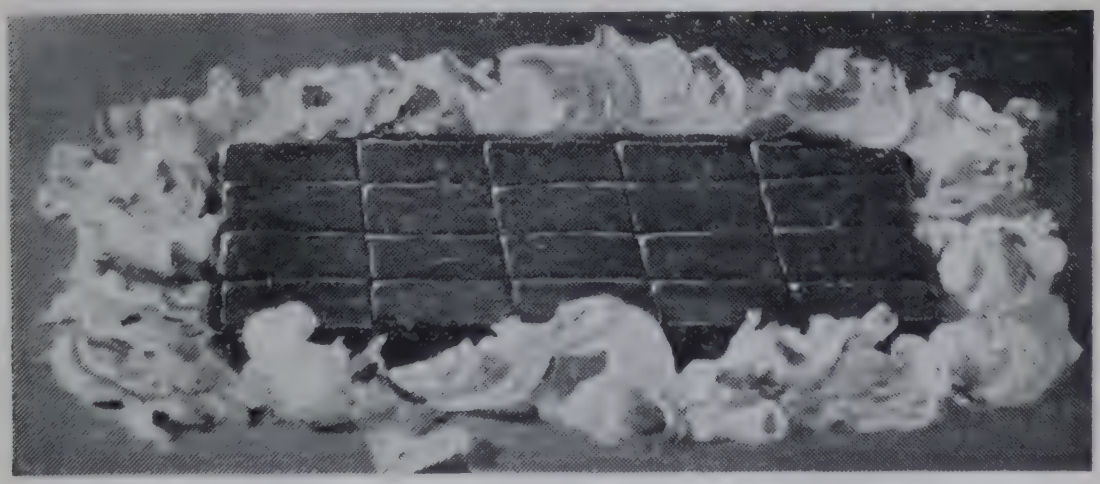

Figure 13.—Cranberry salad cut into serving portions.

e. JELLIED BEET SALAD.

100 Servings

Portion: one square, 2½ by 2 by 1½ inches

Ingredients	Weights	Measures
Beets, dehydrated, cubed	1½ pounds	2 No. 56 dippers
Water, for beets		7 No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Gelatin, lemon-flavored	3¼ pounds	2½ No. 56 dippers
Water, boiling		4 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Beet juice		4 No. 56 dippers
Vinegar (50 grain)		¼ No. 56 dipper

1. Soak beets in water for 20 to 40 minutes.
2. Bring slowly to a boil (about 45 minutes) in a covered stockpot.
3. Simmer for 15 to 25 minutes or until tender. Drain (save beet juice) and cool.
4. Soak onions for 20 minutes. Drain.
5. Dissolve gelatin in boiling water.
6. Add salt, vinegar, and beet juice to gelatin. (If there is not sufficient beet juice, add water to make 4 quarts.) Cool until slightly thickened.
7. Add beets and onions, mix well, and pour into shallow pans.
8. Chill until firm. Cut into squares.

Figure 14.—Jellied beet salad.

f. PICKLED BEET SALAD.

100 Servings
Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Beets, dehydrated, diced	3¼ pounds	4 No. 56 dippers
Water, for beets		14 No. 56 dippers
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water, for onions		1 No. 56 dipper
Vinegar (50 grain)		2 No. 56 dippers
Sugar, granulated	1½ pounds	¾ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Cinnamon		½ mess kit spoon
Cloves		½ mess kit spoon

1. Soak beets for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 20 to 30 minutes or until tender. Drain and cool.
4. Soak onions for 20 minutes. Drain.
5. Combine beets, onions, vinegar, sugar, and seasonings. Cool thoroughly before serving.

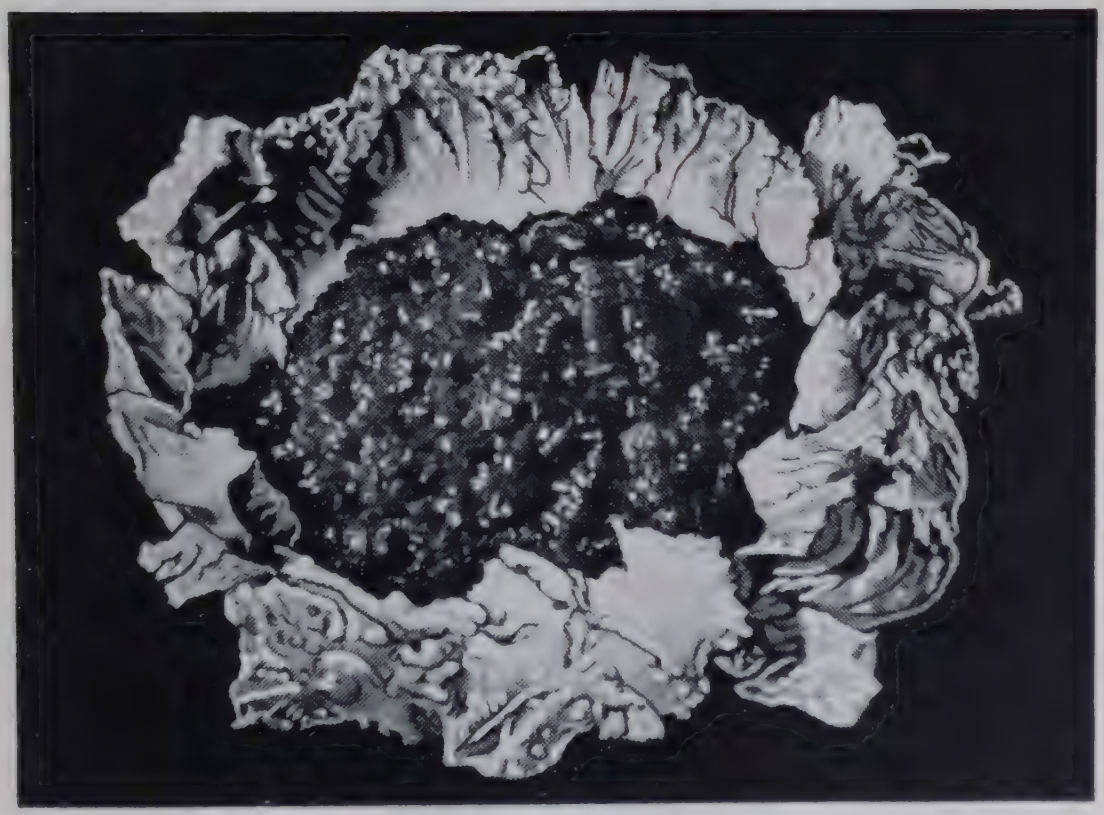

Figure 15.—Pickled beet salad.

g. POTATO SALAD.

100 Servings
Portion : approximately 5 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Potatoes, dehydrated, julienne or diced	4¾ pounds	7 No. 56 dippers
Water, for potatoes		14 No. 56 dippers
Onions, dehydrated	6 ounces	¾ No. 56 dipper
Water, for onions		1½ No. 56 dippers
Vinegar (50 grain)		¾ No. 56 dipper
or		
Mayonnaise or salad dressing		1½ No. 56 dippers
Salt	3 ounces	6 mess kit spoons
Pepper	½ ounce	2 mess kit spoons
Eggs, hard cooked, chopped	20	

1. Soak potatoes in water for 20 to 40 minutes.
2. Bring slowly to the boiling point (about 45 minutes) in a covered stockpot.
3. Simmer for 10 to 15 minutes, or until potatoes are tender but not mushy. Drain and spread out on trays to cool.
4. Soak onions in water 20 minutes. Drain.
5. Add onions, vinegar or mayonnaise, salt, pepper, and eggs (if available) to cooled potatoes, and mix well.

SECTION IX

SAUCES

SECTION IX

SAUCES

SECTION IX

SAUCES

26. GENERAL.—A sauce is usually added to a dish not only to improve the flavor and appearance but also to add moisture. Care must be taken when preparing sauces in the field range to prevent burning. Whenever possible, sauces should be prepared in a double boiler. The white sauce for a creamed vegetable may be prepared in the roast pan above the stockpot, at the same time and in the same field range in which the vegetable is being reconstituted. This will prevent burning and save cooking space. The liquid drained from canned or reconstituted vegetables should be used in the sauce.

27. RECIPES.—

a. APPLESAUCE.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Apple nuggets, dehydrated	4 pounds	5¼ No. 56 dippers
Water		12 No. 56 dippers
Sugar, granulated	3 pounds	1½ No. 56 dippers
Cinnamon		2 mess kit spoons
or		
Nutmeg		2 mess kit spoons
Lemon juice powder, synthetic		1 mess kit spoon

1. Add apple nuggets to water and bring slowly to a boil in a covered stockpot.
2. Simmer for 10 minutes.
3. Add sugar and simmer for an additional 10 minutes, or until apples are tender.
4. Add spices and lemon powder and cool.

b. APPLE CRANBERRY SAUCE.

100 Servings

Portion: approximately 3 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Apple nuggets,, dehydrated	2¼ pounds	3 No. 56 dippers
Water, for apples		6½ No. 56 dippers
Cranberries, dehydrated, whole	½ pound	1½ No. 56 dippers
or		
Cranberries, dehydrated, sliced*	½ pound	⅓ No. 56 dipper
Water		2½ No. 56 dippers
Sugar, granulated	5 pounds	2½ No. 56 dippers

*If compressed cranberry slices are used, do not use volume measurement. Note weight given on box.

1. Soak apples in water for 20 to 40 minutes.
2. Add cranberries and water to apple nuggets.
3. Bring to a boil over a slow fire and simmer for 15 minutes.
4. Add sugar and continue boiling for 5 minutes. Cool and serve.

c. BOUILLON GRAVY.

Yield: 2 gallons

Ingredients	Weights	Measures
Fat	1½ pounds	¾ No. 56 dipper
Flour	1½ pounds	1-1/5 No. 56 dippers
Bouillon cubes	40	
Water		8 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Pepper		½ mess kit spoon

1. Melt fat in a large stockpot. Add flour gradually stirring until all lumps are removed.
2. Add water and bouillon cubes and stir until cubes are dissolved.
3. Add salt and pepper. Heat to boiling point and boil for 2 minutes or until thick, stirring constantly. Add gravy coloring if a darker color is desired.

d. CHOCOLATE SIRUP NO. 1.

Yield: 3½ quarts

Ingredients	Weights	Measures
Cocoa beverage powder (from combat rations)	9 10-ounce packages 5½ pounds	
Water		1½ No. 56 dippers

1. Add water gradually to cocoa beverage powder, beating until all lumps are removed.
2. Cook for 1 hour until thick.
3. Serve either hot or cold. (A double boiler should be used to prevent scorching.)

Figure 16.—Chocolate sirup served on ice cream.

e. CHOCOLATE SIRUP NO. 2.

Ingredients	Weights	Measures
Cocoa beverage powder (from combat rations)	9 10-ounce packages 5½ pounds	
Sugar, granulated	3 pounds	1½ No. 56 dippers
Water		2¾ No. 56 dippers
Shortening	6 ounces	12½ mess kit spoons

1. Mix sugar with cocoa beverage powder.
2. Add water gradually beating to remove all lumps. Add shortening.
3. Bring mixture to a boil and cook, stirring constantly for 10 to 15 minutes or until desired thickness is reached.
4. Serve either hot or cold.

f. CRANBERRY SAUCE.

100 Servings

Portion : approximately 2 ounces or 1 serving spoon

Ingredients	Weights	Measures
Cranberries, dehydrated, whole*	1 pound	3 No. 56 dippers
or		
Cranberries, dehydrated, sliced	1 pound	¼ No. 56 dipper
Water		5 No. 56 dippers
Sugar, granulated	7 pounds	3½ No. 56 dippers

*If compressed cranberries are used, do not use volume measurements. Note the weight given on box.

1. Add water to cranberries.
2. Bring to a boil over a slow fire and simmer for 15 minutes.
3. Add sugar and continue boiling for 5 minutes.
4. Pour into shallow pans and chill.

g. LEMON SAUCE.

100 Servings

Portion: approximately 2 ounces or 1 serving spoon

Ingredients	Weights	Measures
Sugar, granulated	3 pounds	1½ No. 56 dippers
Cornstarch	10 ounces	½ No. 56 dipper
Eggs, powdered		6 mess kit spoons
Water		5 No. 56 dippers
Lemon juice powder, synthetic	5 ounces	¼ No. 56 dipper
Water		½ No. 56 dipper
Salt		2/3 mess kit spoon

1. Combine thoroughly sugar, cornstarch, and dried eggs; add one quart of water. Stir until smooth.
2. Heat the remaining water to the boiling point and gradually add the cornstarch mixture.
3. Boil for 10 minutes, or until the mixture thickens. Stir constantly. Remove from heat.
4. Dissolve synthetic lemon juice powder in the water and add with the salt to the cornstarch mixture. Mix well; serve hot.

h. MAPLE SIRUP.

Yield: 1 gallon

Ingredients	Weights	Measures
Water		2 No. 56 dippers
Sugar, granulated	8 pounds	4 No. 56 dippers
Maple tablets	8	

1. Bring water to a boil. Add sugar and stir until dissolved.
2. Heat to the boiling point; boil 10 minutes or until a thin sirup is formed.
3. Crush tablets and dissolve in a small quantity of warm water. Add to sirup and cool. (Do not cook sirup after adding tablets, as boiling of tablets and sirup together will cause the sirup to have a greenish off-color.)

i. MAYONNAISE.

Yield: 5 quarts

Ingredients	Weights	Measures
Eggs, powdered	3 ounces	¼ No. 56 dipper
Water, for eggs		¼ No. 56 dipper
Mustard, dry	¾ ounces	3 mess kit spoons
Salt	1 ounce	2 mess kit spoons
Sugar, granulated	6 ounces	1/5 No. 56 dipper
Milk, evaporated	1 14-ounce can	
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		½ No. 56 dipper
Oil, salad		4 No. 56 dippers
Vinegar (50 grain)	10 ounces	⅓ No. 56 dipper
Lemon juice powder, synthetic		2 mess kit spoons

1. Add egg powder to one-third of the water and stir to make a smooth paste. Add remainder of the water and mix thoroughly.
2. Add mustard, salt, and sugar and mix well.
3. Add milk and blend well with egg mixture.
4. Add half of the oil very slowly, stirring constantly with a wire whip. Add half of the vinegar slowly, and continue stirring. Add last half of the oil slowly.
5. Dissolve lemon juice powder in remaining vinegar and add to the mixture. Continue beating for 5 to 6 minutes after everything has been added.

Note: If it separates, make a small batch of new mayonnaise and slowly beat the separated batch into it.

j. TARTAR SAUCE.

(1) Prepare the recipe for mayonnaise (see *i* above).

(2) Soak ¼ No. 56 dipper of onions in ½ dipper of water for 20 minutes.

(3) Add reconstituted onions and ½ No. 56 dipper of pickle relish. Serve cold.

k. BOILED SALAD DRESSING.

Yield: 1 gallon

Ingredients	Weights	Measures
Sugar, granulated	1½ pounds	¾ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Mustard, dry	½ ounce	2 mess kit spoons
Eggs, powdered	9 ounces	¾ No. 56 dipper
Flour	5 ounces	¼ No. 56 dipper
Evaporated milk	3½ 14-ounce cans	
Water, for evaporated milk		1¾ No. 56 dippers
or		
Milk, powdered, whole	12 ounces	¾ No. 56 dipper
Water, for powdered milk		3 No. 56 dippers
Vinegar (50 grain)		1 No. 56 dipper
Fat	8 ounces	¼ No. 56 dipper

1. Mix sugar, salt, mustard, powdered eggs, and flour together.
2. Combine water and milk or reconstituted milk; combine slowly with dry ingredients. Mix until smooth.
3. Add vinegar very slowly; cook until thick, stirring constantly.
4. Remove from heat. Add fat; mix thoroughly. Cool.

l. COLE SLAW DRESSING.

Prepare recipe for boiled salad dressing (see *k* above), cool, and add ½ No. 56 dipper of prepared mustard.

m. PEANUT BUTTER DRESSING.

Prepare recipe for boiled salad dressing (see *k* above), cool, and add ½ No. 56 dipper of peanut butter.

n. SAVORY DRESSING.

Prepare recipe for boiled salad dressing (see *k* above), cool, and add 1 No. 56 dipper of pickle relish or chopped sweet pickles.

o. HAWAIIAN DRESSING.

Prepare recipe for boiled salad dressing (see *k* above), cool, and add 1½ No. 56 dippers of pineapple juice.

p. TOMATO SAUCE NO. 1.

100 Servings

Portion: approximately 2 ounces or 1 serving spoon

Ingredients	Weights	Measures
Onions, dehydrated	4 ounces	½ No. 56 dipper
Water		1 No. 56 dipper
Fat	½ pound	¼ No. 56 dipper
Flour	10 ounces	½ No. 56 dipper
Tomatoes, canned	2 No. 10 cans	
Sugar, granulated	3 ounces	6 mess kit spoons

1. Soak onions in water in a stockpot for 20 minutes.
2. Add fat and simmer onions for 10 minutes (do not brown).
3. Add flour and mix thoroughly.
4. Add sugar and tomatoes to flour and onion mixture.
5. Bring slowly to a boil and simmer for 30 minutes. Serve hot.

q. TOMATO SAUCE NO. 2.

100 Servings

Portion: approximately 3 ounces or 1 serving spoon

Ingredients	Weights	Measures
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Fat	1 pound	½ No. 56 dipper
Flour	20 ounces	1 No. 56 dipper
Tomatoes	1½ No. 10 cans	
Bouillon cubes	16	
Water, boiling		4 No. 56 dippers
Sugar	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Salt	1½ ounces	3 mess kit spoons

1. Soak onions for 20 minutes.
2. Add fat to onions. Simmer until onions are slightly brown.
3. Add flour and tomatoes to fried onions.
4. Add bouillon cubes, boiling water, sugar, salt, and pepper to mixture and continue to simmer for 1 hour. Serve hot.

r. SPANISH SAUCE.

100 Servings

Portion: approximately 2½ ounces or 1 serving spoon

Ingredients	Weights	Measures
Onions, dehydrated	13 ounces	1-2/3 No. 56 dippers
Water, for onions		3½ No. 56 dippers
Fat	2 pounds	1 No. 56 dipper
Tomatoes, canned	2 No. 10 cans	
Salt		To taste
Pepper		To taste
Paprika		To taste

1. Soak onions in water for 20 minutes.
2. Fry reconstituted onions in fat in large stockpot until browned.
3. Add tomatoes and seasoning and simmer for 30 minutes.

s. WHITE SAUCE.—

(1) Thin (for Creamed Soups).

Yield: 1 gallon

Ingredients	Weights	Measures
Fat	8 ounces	¼ No. 56 dipper
Flour	4 ounces	1/5 No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		⅓ mess kit spoon
Milk, evaporated	4 14-ounce cans	
Water for evaporated milk		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water, for powdered milk		3½ No. 56 dippers

Figure 17.—Cream soup using thin white sauce.

1. Melt the fat.
2. Add the flour, stirring until a smooth paste is formed.
3. Add water to the evaporated milk, or reconstitute the powdered milk by floating the milk on the water and beating with a wire whip.
4. Add seasonings. Gradually add the milk to the fat and flour paste, stirring constantly. Cook until smooth and thick.

(2) Medium (for Scalloped Dishes and Creamed Vegetables).

Yield: 1 gallon

Ingredients	Weights	Measures
Fat	1 pound	½ No. 56 dipper
Flour	10 ounces	½ No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		⅓ mess kit spoon
Milk, evaporated	4 14-ounce cans	
Water		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water		3½ No. 56 dippers

Follow directions for making thin white sauce (see *s*(1) above).

Figure 18.—Scalloped carrots using medium white sauce.

(3) Thick (for Croquettes and the Like).

Yield: 1 gallon

Ingredients	Weights	Measures
Fat	2 pounds	1 No. 56 dipper
Flour	1 pound	¾ No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		⅓ mess kit spoon
Milk, evaporated	4 14-ounce cans	
Water		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water		3½ No. 56 dippers

Follow directions for making thin white sauce (see *s*(1) above).

Figure 19.—Meat croquettes using thick white sauce.

t. WHITE SAUCE USING ARMY SPREAD.—

(1) Thin (for Creamed Soups).

Yield: 1 gallon

Ingredients	Weights	Measures
Milk, evaporated	4 14-ounce cans	
Water, for evaporated milk		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water, for powdered milk		3½ No. 56 dippers
Flour	4 ounces	1/5 No. 56 dipper
Army spread	8 ounces	¼ No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		¼ mess kit spoon

1. Add a small quantity of milk gradually to the flour, making a smooth paste.
2. Add the remainder of the milk, Army spread, and seasoning.
3. Cook until smooth and thick.

(2) Medium (for Scalloped Dishes and Creamed Vegetables).

Yield: 1 gallon

Ingredients	Weights	Measures
Milk, evaporated	4 14-ounce cans	
Water		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water		3½ No. 56 dippers
Flour	10 ounces	½ No. 56 dipper
Army spread	1 pound	½ No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		¼ mess kit spoon

Follow directions for making thin white sauce using Army spread (see *t*(1) above).

(3) Thick (for Croquettes and the Like).

Yield: 1 gallon

Ingredients	Weights	Measures
Milk, evaporated	4 14-ounce cans	
Water		2 No. 56 dippers
or		
Milk, powdered	1 pound	1 No. 56 dipper
Water		3½ No. 56 dippers
Flour	1 pound	¾ No. 56 dipper
Army spread	2 pounds	1 No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper		¼ mess kit spoon

Follow directions for making thin white sauce using Army spread (see *t*(1) above).

SECTION X

DESSERTS

SECTION X

DESSERTS

SECTION X

DESSERTS

28. GENERAL.—The dessert is always one of the most popular dishes on any dinner or supper menu. A real effort should be made to include a dessert with meals served in the field. A sweet dish has both high-morale and high-caloric value. Many very good pie fillings, cakes, puddings, and fruit desserts can be made from dehydrated products. Unless a shortage of ingredients exists or combat conditions interfere, there is only one reason for not having baked goods on every day's menu—and that reason is laziness.

29. RECIPES.—

a. CAKES.—

(1) Applesauce Cake.

100 Servings (2 sheet pans, 16½ by 24 by 1½ inches)

Ingredients	Weights	Measures
Flour, sifted	1⅓ pounds	1⅓ No. 56 dippers
Shortening	2 pounds	1 No. 56 dipper
Apple nuggets, dehydrated	1¼ pounds	1½ No. 56 dippers
Water, for apple nuggets		3¾ No. 56 dippers
Sugar, granulated (for apples)	½ pound	¼ No. 56 dipper
Flour, sifted	2⅓ pounds	2⅓ No. 56 dippers
Sugar, granulated	3½ pounds	1¾ No. 56 dippers
Baking soda	2¼ ounces	5½ mess kit spoons
Cinnamon	¾ ounce	3 mess kit spoons
Cloves		2/3 mess kit spoon
Nutmeg	½ ounce	2 mess kit spoons
Salt		¼ mess kit spoon
Water, hot	3½ ounces	7 mess kit spoons
Raisins	2⅓ pounds	2 No. 56 dippers

1. Mix flour and shortening together until smooth and light.
2. Add apple nuggets to water and bring slowly to a boil in a covered stockpot.
3. Simmer for approximately 15 minutes. Add sugar and cool.
4. Add applesauce to the above flour and shortening mixture and mix well.
5. Sift together the flour, sugar, baking soda, cinnamon, nutmeg, cloves, and salt. Add the sifted dry ingredients to the above applesauce mixture and mix thoroughly.
6. Add hot water and raisins and beat until light.
7. Measure out the batter into well-greased baking pans (approximately 4 No. 56 dippers of batter per pan).
8. Bake in moderate oven for 1¼ to 1¾ hours.

(2) Chocolate Cake.

100 Servings (3 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Flour, sifted	2⅓ pounds	2⅓ No. 56 dippers
Shortening	2 pounds	1 No. 56 dipper
Sugar, granulated	5 pounds	2½ No. 56 dippers
Eggs, powdered	12 ounces	1 No. 56 dipper
Cocoa	13 ounces	1 No. 56 dipper
Water		1 No. 56 dipper
Vanilla tablets	9	
Water		1½ No. 56 dippers
Flour, sifted	1½ pounds	1½ No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Soda	1 ounce	2 mess kit spoons
Baking powder	3 ounces	8 mess kit spoons

1. Cream shortening and flour in mixing bowl until light.
2. Sift sugar, powdered eggs, and cocoa together. Add to the creamed mixture.
3. Add one No. 56 dipper of water gradually and mix well.
4. Crush vanilla tablets and dissolve in 1½ No. 56 dippers of water. Add this water with the remaining dry ingredients, sifted together alternately to the creamed mixture.
5. Bake in greased and flour-dusted sheet cake pans. Bake in moderate oven for 28 to 30 minutes. (Use 3 to 4 No. 56 dippers of batter per pan.)

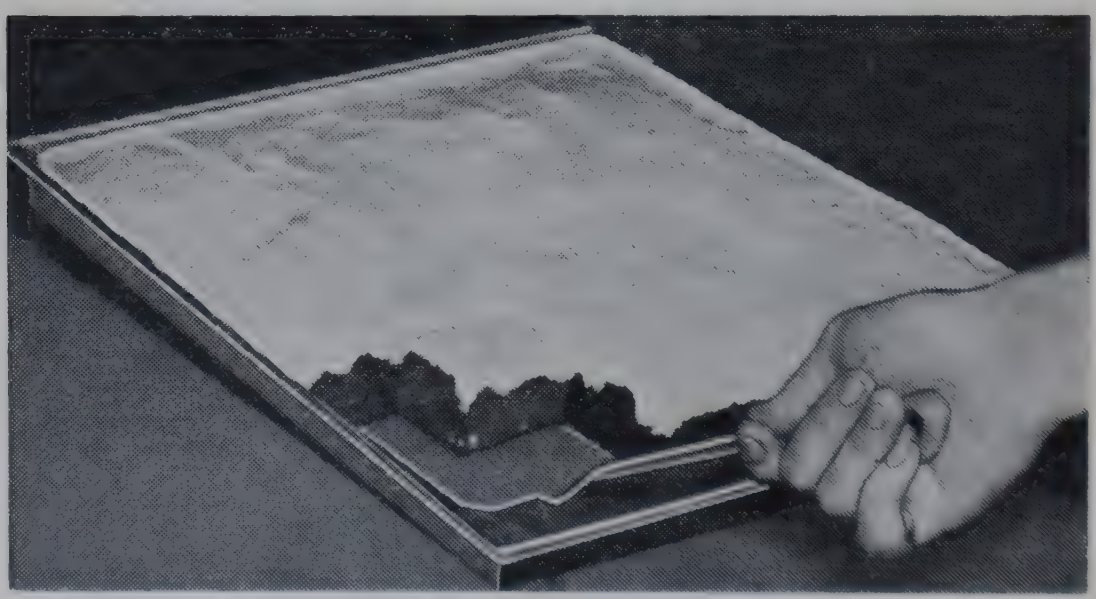

Figure 20.—Chocolate cake.

(3) Sponge Cake for Jelly Roll.

100 Servings (3 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Eggs, powdered	18 ounces	1½ No. 56 dippers
Sugar, granulated	2 pounds	1 No. 56 dipper
Water, lukewarm		¾ No. 56 dipper
Water, hot		¾ No. 56 dipper
Vanilla or lemon flavor		¾ mess kit spoon
Flour, sifted	1½ pounds	1½ No. 56 dippers
Baking powder	1½ ounces	4½ mess kit spoons
Salt	1 ounce	2 mess kit spoons

1. Mix the powdered eggs and sugar together and sift two or three times.
2. Add the lukewarm water and beat with a wire whip until the mixture is somewhat fluffy and thick.
3. Combine hot water and flavoring, and add to egg mixture.
4. Sift the flour, baking powder, and salt together twice, and fold into the above mixture, mixing only enough to incorporate the egg mixture and flour.
5. Grease sheet pans lightly and preferably line with paper. Bake 10 to 12 minutes in a hot oven.
6. After removing from oven, turn sheets out onto a cloth bag or piece of paper which has been previously dusted with sugar. Spread jelly and roll.

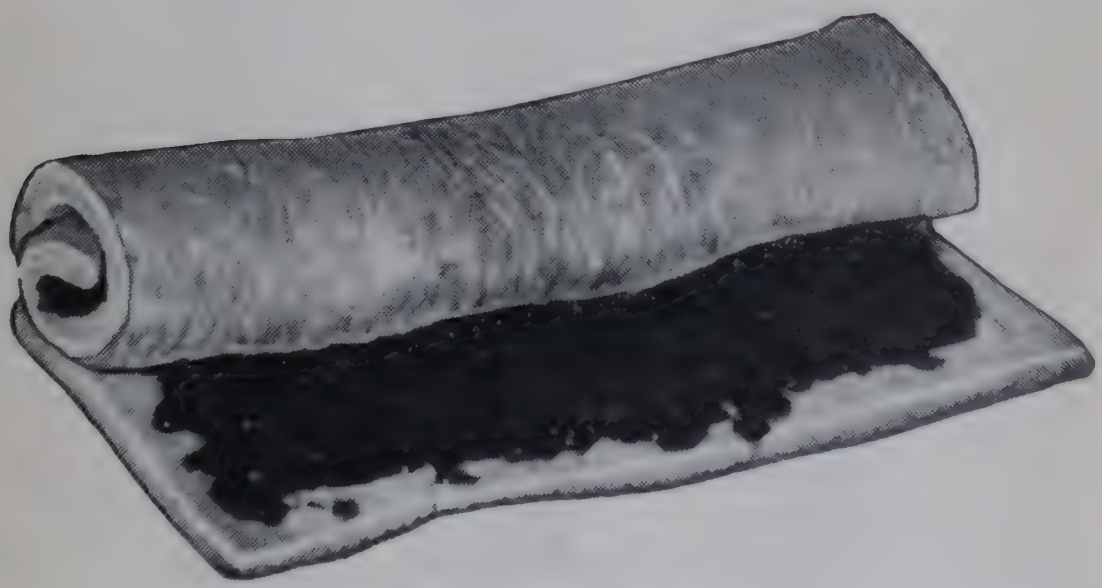

Figure 21.—Rolling jelly roll.

Figure 22.—Completed jelly roll.

(4) Yellow Cake.

100 Servings (3 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Flour, sifted	2 pounds	2 No. 56 dippers
Shortening	2 pounds	1 No. 56 dipper
Sugar, granulated	5 pounds	2½ No. 56 dippers
Eggs, powdered	12 ounces	1 No. 56 dipper
Water		1 No. 56 dipper
Vanilla tablets	9	
Water, for vanilla tablets		1½ No. 56 dippers
Flour, sifted	3 pounds	3 No. 56 dippers
Salt	2¾ ounces	5½ mess kit spoons
Baking powder	5 ounces	13 mess kit spoons
Milk, powdered	8 ounces	½ No. 56 dipper

1. Cream shortening and flour until light.
2. Sift sugar and powdered eggs together and add to creamed mixture.
3. Add one dipper of water gradually and mix well.
4. Crush vanilla tablets and dissolve in water.
5. Sift the dry ingredients and add alternately with the water to the creamed mixture.
6. Bake in greased and flour-dusted sheet cake pans. Bake in moderate oven for 28 to 30 minutes (3 to 4 No. 56 dippers of batter per pan).

(5) Boston Cream Cake.

Prepare yellow cake recipe (see (4) above). Split layers and pour cream filling between using cream filling recipe (see *c*(4) below). Sprinkle top of cake with sugar. Prepared vanilla, butterscotch or chocolate pudding may also be used for this filling.

b. COOKIES.—

(1) Applesauce.

200 cookies (11 pounds mixture)
Cookies each 3 inches in diameter

Ingredients	Weights	Measures
Apple nuggets, dehydrated	6 ounces	½ No. 56 dipper
Water, for apple nuggets		1 No. 56 dipper
Sugar	4 ounces	⅛ No. 56 dipper
Cinnamon		¼ mess kit spoon
Lemon juice powder, synthetic		⅛ mess kit spoon
Flour, sifted	3 pounds	3 No. 56 dippers
Baking powder	¾ ounce	2 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Baking soda	¼ ounce	½ mess kit spoon
Cinnamon		½ mess kit spoon
Nutmeg		⅛ mess kit spoon
Raisins, seedless	1 pound	¾ No. 56 dipper
Shortening	1 pound	½ No. 56 dipper
Sugar, granulated	2 pounds	1 No. 56 dipper
Eggs, powdered	2½ ounces	⅙ No. 56 dipper
Water, for eggs		¼ No. 56 dipper

1. Add apple nuggets to water and bring slowly to a boil. Simmer for 10 minutes. Add sugar and simmer an additional 10 minutes or until apples are tender.
2. Add cinnamon and lemon powder and cool.
3. Sift flour, baking powder, salt, soda and spices together. Add raisins; mix well.
4. Mix shortening and sugar. Stir until light and fluffy. Add reconstituted eggs gradually, mixing well after each addition. Add applesauce.
5. Add flour mixture gradually; mix well.
6. Drop by spoonsful on ungreased baking pans. Bake in hot oven 8 to 10 minutes. Remove from pans at once.

(2) Brownies.

218 cookies (17 pounds mixture)
Cookies each 2 inches square

Ingredients	Weights	Measures
Flour, sifted	2⅛ pounds	2⅛ No. 56 dippers
Baking powder	¾ ounce	2 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Cocoa	1 pound	1¼ No. 56 dippers
Raisins, seedless	3 pounds	2⅛ No. 56 dippers
Shortening	2½ pounds	1¼ No. 56 dippers
Sugar, granulated	5½ pounds	2¾ No. 56 dippers
Eggs, powdered	12 ounces	1 No. 56 dipper
Water, for eggs		1¼ No. 56 dippers
Vanilla tablets	12	

1. Sift flour, baking powder, salt and cocoa together. Add raisins; mix well.
2. Mix shortening and sugar; stir until light and fluffy.
3. Add reconstituted eggs gradually, mixing well after each addition.
4. Dissolve vanilla tablets in a small amount of water and add to mixture.
5. Add flour mixture and mix only enough to dampen flour.
6. Spread mixture about ¾ inches thick in well greased baking pans. Bake in slow oven for 35 minutes.
7. Cut in 2-inch squares at once. Turn out onto rack and cool.

(3) Chocolate Cookies.

204 cookies (8½ pounds mixture)
Cookies each 3½ inches in diameter

Ingredients	Weights	Measures
Flour, sifted	2¼ pounds	2¼ No. 56 dippers
Cocoa	10 ounces	4/5 No. 56 dipper
Baking powder	1⅛ ounces	3 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Shortening	1½ pounds	¾ No. 56 dipper
Sugar, granulated	2¾ pounds	1⅜ No. 56 dippers
Eggs, powdered	3 ounces	¼ No. 56 dipper
Water, for eggs		¼ No. 56 dipper
Vanilla tablets	3	
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper

1. Sift flour, cocoa, baking powder and salt together.
2. Mix shortening and sugar; stir until light and fluffy.
3. Add reconstituted eggs gradually; mixing well after each addition.
4. Dissolve vanilla tablets in a small amount of water and add.
5. Mix the evaporated milk and water or reconstitute the powdered milk and add alternately with flour to the sugar mixture, mixing well after each addition.
6. Drop mixture by spoonsful onto ungreased baking pans. Bake in moderate oven 12 to 15 minutes. Remove from pans at once.

(4) Oatmeal Cookies.

200 cookies (12½ pounds mixture)
Cookies each 3 inches in diameter

Ingredients	Weights	Measures
Flour, sifted	2¼ pounds	2¼ No. 56 dippers
Baking powder	1 ounce	2¾ mess kit spoons
Salt	¾ ounce	1½ mess kit spoons
Cinnamon	⅜ ounce	1½ mess kit spoons
Nutmeg		½ mess kit spoon
Cloves, ground		¼ mess kit spoon
Shortening	2¼ pounds	1⅛ No. 56 dippers
Sugar, granulated	2¼ pounds	1⅛ No. 56 dippers
Eggs, powdered	4 ounces	⅓ No. 56 dipper
Water, for eggs		⅜ No. 56 dipper
Oats, rolled	1¼ pounds	1-2/3 No. 56 dipper
Raisins, seedless	1½ pounds	1⅛ No. 56 dippers
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper

1. Sift flour, baking powder, salt and spices together.
2. Mix shortening and sugar; stir until light and fluffy.
3. Add reconstituted eggs gradually, mixing well after each addition.
4. Add rolled oats and raisins. Mix thoroughly.
5. Mix the evaporated milk and water or reconstitute the powdered milk and add the flour mixture alternately to oatmeal mixture, mixing well after each addition.
6. Drop by spoonsful onto ungreased baking pans. Bake in hot oven 12 to 15 minutes. Remove from pans at once.

(5) Sugar Cookies.

204 cookies (8½ pounds mixture)
Cookies each 3½ inches in diameter

Ingredients	Weights	Measures
Flour, sifted	3 pounds	3 No. 56 dippers
Baking powder	1⅛ ounces	3 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Shortening	1½ pounds	¾ No. 56 dipper
Sugar, granulated	2¾ pounds	1⅜ No. 56 dippers
Eggs, powdered	3 ounces	¼ No. 56 dipper
Water, for eggs		¼ No. 56 dipper
Vanilla tablets	3	
Milk, evaporated	1 14-ounce can	
Water, for evaporated milk		½ No. 56 dipper
or		
Milk, powdered	4 ounces	¼ No. 56 dipper
Water, for powdered milk		1 No. 56 dipper
Sugar, granulated (for topping)	8 ounces	¼ No. 56 dipper
Cinnamon (for topping)	1 ounce	4 mess kit spoons

1. Sift flour, baking powder, and salt together.
2. Mix shortening and sugar, stir until light and fluffy.
3. Add reconstituted eggs gradually, mixing well after each addition.
4. Dissolve vanilla tablets in small amount of water and add.
5. Mix the evaporated milk and water or reconstitute the powdered milk and add alternately with flour mixture to the sugar mixture, mixing well after each addition.
6. Mix sugar and cinnamon.
7. Drop cookie mixture by spoonsful onto ungreased baking pans. Sprinkle with sugar and cinnamon mixture.
8. Bake in moderate oven for 12 to 15 minutes. Remove from pans at once.

(6) Raisin Cookies.

Prepare recipe for sugar cookie (see par. 5), adding 2¼ No. 56 dippers (3 pounds) seedless raisins to sifted flour in recipe.

(7) Spice Cookies.

Prepare recipe for sugar cookies (see par. 5), sifting 2 mess kit spoons (½ ounce) cinnamon, 1 mess kit spoon (¼ ounce) nutmeg, and ½ mess kit spoon (⅛ ounce) ground cloves with the flour.

c. PIES.—

(1) Apple Pie or Cobbler Filling.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Apple nuggets, dehydrated	3¾ pounds	5 No. 56 dippers
Water		11 No. 56 dippers
Sugar, granulated	3¼ pounds	1-2/3 No. 56 dippers
Cinnamon	½ ounce	2 mess kit spoons

1. Add apple nuggets to water and bring slowly to a boil. Simmer for 10 minutes.
2. Add sugar and simmer for an additional 10 minutes or until apples are tender. Add cinnamon and cool.
3. Pour into pastry-lined sheet pans, and cover with a top crust.
4. Bake for approximately 45 minutes in hot oven.

Figure 23.—Placing filling into unbaked pie shell.

(2) Carrot Pie Filling.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Carrots, dehydrated	2¾ pounds	2½ No. 56 dippers
Water, for carrots		7½ No. 56 dippers
Sugar, granulated	3 pounds	1½ No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Cinnamon		2½ mess kit spoons
Nutmeg		2½ mess kit spoons
Cornstarch	2½ ounces	⅛ No. 56 dipper
Milk, evaporated	5 14-ounce cans	
Water, for evaporated milk		2½ No. 56 dippers
or		
Milk, powdered	1¼ pounds	1¼ No. 56 dippers
Water, for powdered milk		4½ No. 56 dippers
Eggs, powdered	12 ounces	1 No. 56 dipper
Water, for eggs		1⅛ No. 56 dippers

1. Soak carrots in water for 20 to 40 minutes.
2. Bring slowly to a boil in a covered container (about 45 minutes).
3. Simmer for 15 to 25 minutes, or until tender.
4. Drain and mash thoroughly. Strain mixture through a coarse sieve, if possible.
5. Combine sugar, salt, spices, and cornstarch. Mix well and add to mashed carrots.
6. Combine evaporated milk and water, or reconstitute powdered milk. Add to the carrot mixture; stir until smooth.
7. Add egg powder to one-third of the water. Mix until smooth.
8. Add remaining water gradually. Add to carrot mixture.
9. Allow to stand about one hour before pouring into pastry-lined pans.
10. Bake in moderate oven for 30 to 45 minutes.

(3) Mock Cherry Pie Filling.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Apple nuggets, dehydrated	3 pounds	4 No. 56 dippers
Cranberries, dehydrated, whole	1 pound	3 No. 56 dippers
or		
Cranberries, dehydrated, sliced*	20 ounces	1 No. 56 dipper
Water		13 No. 56 dippers
Sugar, granulated	12 pounds	6 No. 56 dippers

*If compressed cranberries are used, do not use volume measurements. Note the weight given on box.

1. Combine apple nuggets and cranberries. Add water.
2. Bring slowly to a boil and simmer for 15 minutes.

3. Add sugar, mix well, and heat for an additional 5 minutes.
4. Allow to cool. Pour into pastry-lined tins or baking sheets; cover with top crust.
5. Bake in a quick oven for 40 to 45 minutes.

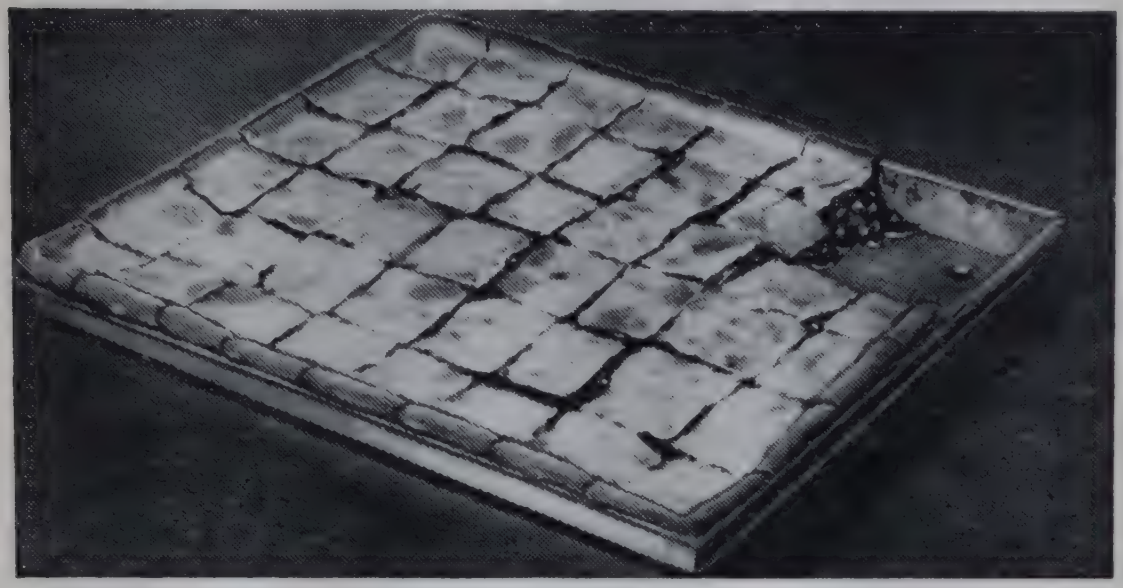

Figure 24.—Baked mock cherry pie.

(4) Cream Pie Filling.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Milk, evaporated	11 14-ounce cans	
Water, for evaporated milk		5 No. 56 dippers
or		
Milk, powdered	2½ pounds	2½ No. 56 dippers
Water, for powdered milk		9 No. 56 dippers
Sugar, granulated	5 pounds	2½ No. 56 dippers
Cornstarch	1¼ pounds	1 No. 56 dipper
Salt	¾ ounce	1½ mess kit spoons
Eggs, powdered	18 ounces	1½ No. 56 dippers
Water		1½ No. 56 dippers
Shortening	½ pound	¼ No. 56 dipper
Vanilla	24 tablets	

1. Combine milk and water, or reconstitute milk. Add sugar and bring to the boiling point.
2. Mix cornstarch, salt, and powdered eggs together. Add water slowly, stirring constantly to prevent lumping.
3. Add approximately three quarts of hot milk gradually to cornstarch mixture.
4. Add this mixture to remaining hot milk and cook until thick, stirring constantly.
5. Add shortening and vanilla. Cool (refrigerate if not used immediately). Pour into sheet pans of baked pie shells.

(5) Lemon Pie Filling.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Cornstarch	2½ pounds	2 No. 56 dippers
Sugar, granulated	9 pounds	4½ No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Water		8 No. 56 dippers
Eggs, powdered	15 ounces	1¼ No. 56 dippers
Water, for eggs		1½ No. 56 dippers
Lemon juice powder, synthetic	5 ounces	9 mess kit spoons
Water		½ No. 56 dipper

1. Mix cornstarch, sugar, and salt. Add water gradually to make a smooth paste.
2. Bring to a boil and cook until thick.
3. Add egg powder to one-third of the water, beating constantly to make a smooth paste.
4. Add remainder of water and mix until smooth. Add slowly to the filling, stirring constantly.
5. Continue heating for approximately 5 minutes, beating constantly. Remove from heat.
6. Dissolve powder in water. Add to thickened filling. Stir well. Cool. Pour into baked pie shells.

(6) Mincemeat Formula No. 1*.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Bouillon cubes	36	
Water, boiling		9 No. 56 dippers
Corned beef, canned	4 pounds	
Fat	2 pounds	1 No. 56 dipper
Apple nuggets, dehydrated	2½ pounds	3¼ No. 56 dippers
Sugar, granulated	3 pounds	1½ No. 56 dippers
Raisins	7 pounds	5⅓ No. 56 dippers
Cinnamon	¾ ounce	3 mess kit spoons
Pepper		⅓ mess kit spoon
Nutmeg		1 mess kit spoon
Salt		⅓ mess kit spoon

*This mix should be prepared just prior to using.

1. Dissolve bouillon cubes in boiling water.
2. Add remaining ingredients. Simmer on a slow fire for approximately 45 minutes or until apples and raisins are tender. (The addition of gravy coloring or carmelized sugar will improve the appearance.)
3. Remove from fire and cool. Pour into pastry-lined sheet pans.
4. Cover with a top crust and bake in hot oven for 40 to 45 minutes, or until crust is golden brown.

(7) Mincemeat Formula No. 2*.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Bouillon cubes	28	
Water, boiling		7 No. 56 dippers
Corned beef, canned	4 pounds	
Fat	2 pounds	1 No. 56 dipper
Apple nuggets, dehydrated	2½ pounds	3¼ No. 56 dippers
Sugar, granulated	4 pounds	2 No. 56 dippers
Raisins	4 pounds	3 No. 56 dippers
Prunes, dried, diced	¾ pound	½ No. 56 dipper
Apricots, dried, diced	1¾ pounds	1½ No. 56 dippers
Cinnamon	¾ ounce	3 mess kit spoons
Salt		⅓ mess kit spoon
Pepper		⅓ mess kit spoon
Nutmeg	¼ ounce	1 mess kit spoon
Cherries, sour (with juice)	1 No. 10 can	

*This mix should be prepared just prior to using.

1. Dissolve bouillon cubes in boiling water.
2. Add remaining ingredients and simmer on a slow fire for approximately 45 minutes, or until dried fruit is soft.
3. Remove from fire and cool. Pour into pastry-lined sheet pans.
4. Cover with a top crust and bake in hot oven for 40 to 50 minutes, or until crust is golden brown.

(8) Sweet Potato Pie.

100 Servings (2 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Sweet potatoes, dehydrated, diced	4 pounds	4 No. 56 dippers
Water, for potatoes		6 No. 56 dippers
Sugar, granulated	6 pounds	3 No. 56 dippers
Cinnamon	1 ounce	4 mess kit spoons
Nutmeg	1 ounce	4 mess kit spoons
Salt	1½ ounces	3 mess kit spoons
Milk, evaporated	5 14-ounce cans	
Water, for evaporated milk		2½ No. 56 dippers
or		
Milk, powdered	1¼ pounds	1¼ No. 56 dippers
Water, for powdered milk		4½ No. 56 dippers
Eggs, powdered	15 ounces	1¼ No. 56 dippers
Water, for eggs		1¼ No. 56 dippers

1. Soak potatoes in water for 20 minutes.
2. Bring slowly to a boil in a covered stockpot (about 45 minutes).
3. Simmer for 20 to 30 minutes, or until tender.
4. Drain and mash thoroughly.
5. Combine sugar, spices, and salt. Mix well and add to mashed sweet potatoes.
6. Combine evaporated milk and water, or reconstitute milk. Add to the sweet potato mixture. Mix thoroughly.
7. Add egg powder to one-third of the water. Mix until smooth. Add remaining water gradually.
8. Add to sweet potato mixture. Pour into pastry-lined sheet pans.
9. Bake in hot oven for approximately 30 to 45 minutes.

(9) Topping for Pies.

100 Servings or topping for 2 sheet pans

Ingredients	Weights	Measures
Water		2 No. 56 dippers
Gelatin dessert powder, lemon flavor	1½ pounds	1⅛ No. 56 dippers
Milk, evaporated	4½ 14-ounce cans	
Vanilla tablets	5	
Water	1½ ounces	3 mess kit spoons

1. Heat water to boiling point. Dissolve gelatin powder in hot water, set aside to cool. Add milk and mix thoroughly.
2. Chill until mixture is consistency of egg whites.
3. Dissolve vanilla tablets in water, add to thickened mixture, and beat vigorously with wire whip until light and fluffy.
4. Spread over pie filling.

Note: If brown top is desired, cracker crumbs, cookie crumbs, or crushed dry cereal flakes may be sprinkled over the topping.

d. PUDDINGS AND CUSTARDS.—

(1) Apple Brown Betty.

100 Servings

Portion: approximately 4 ounces or 1½ serving spoons

Ingredients	Weights	Measures
Apple nuggets, dehydrated	2¼ pounds	3 No. 56 dippers
Water, for apples		6½ No. 56 dippers
Raisins	3 pounds	2¼ No. 56 dippers
Bread, cubed	6 pounds	
Sugar, granulated	6 pounds	3 No. 56 dippers
Salt	¾ ounce	1½ mess kit spoons
Cinnamon	1½ ounces	6 mess kit spoons
Lemon juice powder, synthetic		2 mess kit spoons
Water		4 No. 56 dippers

1. Add apple nuggets to water and bring slowly to a boil in a covered stockpot.
2. Simmer for 15 to 20 minutes, or until apples are tender. Cool.
3. Add raisins to apples. Arrange apples and bread in layers in greased baking pans.
4. Combine sugar, salt, cinnamon, lemon powder, and water, and pour over layers of apple and bread crumbs.
5. Bake for 45 minutes in a moderate oven.

(2) Apple Crisp.

100 Servings (3 sheet pans, 24 by 16½ by 1½ inches)

Ingredients	Weights	Measures
Apple nuggets, dehydrated	3¾ pounds	5 No. 56 dippers
Water		11½ No. 56 dippers
Sugar, granulated	2 pounds	1 No. 56 dipper
Nutmeg	¼ ounce	2 mess kit spoons
Cinnamon	¼ ounce	2 mess kit spoons
Sugar, granulated	6 pounds	3 No. 56 dippers
Flour	3¾ pounds	3 No. 56 dippers
Salt	¾ ounce	1½ mess kit spoons
Fat, melted	2 pounds	1 No. 56 dipper

1. Add apple nuggets to water and bring slowly to a boil.
2. Simmer for 10 minutes. Add sugar and simmer for an additional 10 minutes or until apples are tender. Cool.
3. Combine sugar, spices, flour, salt, and melted fat, and mix until crumbly.
4. Line bottom of baking pans with half of the above mixture. Add layer of cold applesauce and sprinkle remainder of sugar mixture over the top.
5. Bake in moderate oven for 45 minutes, or until sugar mixture is browned.

(3) Bread and Raisin Pudding.

100 Servings

Portion: approximately 5 ounces or 2 serving spoons

Ingredients	Weights	Measures
Eggs, powdered	9 ounces	¾ No. 56 dipper
Water, for eggs		2/3 No. 56 dipper
Milk, evaporated	6 14-ounce cans	
Water, for evaporated milk		6 No. 56 dippers
or		
Milk, powdered	3 pounds	3 No. 56 dippers
Water, for powdered milk		11¼ No. 56 dippers
Sugar, granulated	5 pounds	2½ No. 56 dippers
Bread, dry	5 pounds	10 No. 56 dippers
Vanilla extract		4 mess kit spoons
or		
Vanilla tablets	12	
Raisins	3¼ pounds	2½ No. 56 dippers

1. Add eggs to one-third of the water and beat till smooth. Add remaining water gradually, stirring constantly.
2. Combine milk and water, or reconstitute milk. Heat until milk is lukewarm.
3. Dissolve sugar in milk and pour into egg mixture.
4. Cube bread and place in a large bakepan. Pour the egg mixture over the bread and stir until the bread mixture is well soaked.
5. Add vanilla and raisins. Bake in a moderate oven for 40 minutes, or until firm.

(4) Custard (for Baked Custard or Pie Filling.)

100 Servings

Portion: approximately 5 ounces or 1½ serving spoons (2 sheet pans 16½ by 24 by 1½ inches)

Ingredients	Weights	Measures
Sugar, granulated	4 pounds	2 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Eggs, powdered	2¼ pounds	3 No. 56 dippers
Milk, powdered	3 pounds	3 No. 56 dippers
Water		13 No. 56 dippers
or		
Milk, evaporated	12 14-ounce cans	
Water		9 No. 56 dippers
Nutmeg		2 mess kit spoons
Vanilla extract		4 mess kit spoons
or		
Vanilla tablets	12	

1. Sift together sugar, salt, powdered eggs, and powdered milk (if used).
2. Add dry mixture gradually to water, beating constantly with a wire whip.
3. If evaporated milk is used, combine milk and water and add egg mixture gradually, beating constantly.
4. Add nutmeg and vanilla. Pour into bakepans and place pans in top of roasting pan. Pour water into roasting pan top to give a double boiler effect.
5. Bake in slow oven for 30 to 45 minutes, or until firm. A good test is to insert a knife into custard; if it comes out clean, the custard is done.
6. For pies, pour custard into unbaked pie shells and bake in a moderate oven for about 45 minutes, or until firm.

e. TURNOVERS.—

(1) Pastry for Turnovers.

100 Turnovers

Ingredients	Weights	Measures
Flour	7 pounds 8 ounces	6 No. 56 dippers
Lard	4 pounds 4 ounces	2⅛ No. 56 dippers
Water, cold		1¼ No. 56 dippers
Sugar	6 ounces	12 mess kit spoons
Salt	3 ounces	6 mess kit spoons

1. Combine flour and lard. Rub together to a fine crumb the size of a pea.
2. Dissolve the sugar and salt in the water. Add to the flour and lard mixture. Mix just enough to form a dough.
3. Roll and cut pastry into 4-inch squares. Lay one mess kit spoon filling in the middle of one side, wet edges with cold water, fold over and press dough edges together.
4. Bake in hot oven for 20 minutes or until brown.

(2) Apple Turnovers.

Filling for 100 Turnovers

Ingredients	Weights	Measures
Apple nuggets, dehydrated	2 pounds	2¾ No. 56 dippers
Water, for apple nuggets		6 No. 56 dippers
Sugar	1½ pounds	¾ No. 56 dipper
Cinnamon		2 mess kit spoons
or		
Nutmeg		2 mess kit spoons
Lemon juice powder, synthetic		1 mess kit spoon
Pastry	1 recipe (see above recipe)	

1. Add apple nuggets to water and bring slowly to a boil in a covered stock pot. Simmer for 10 minutes.
2. Add sugar and simmer for an additional 10 minutes or until apples are tender.
3. Add spices and lemon powder and cool.
4. Cut pastry into 4-inch squares. Lay 1 mess kit spoon filling in the middle of one side, wet edges with cold water, fold over and press edges together.
5. Bake in hot oven for 20 minutes or until brown.

(3) Apricot Turnovers.

Filling for 100 Turnovers

Ingredients	Weights	Measures
Apricots, dried	6 pounds	4½ No. 56 dippers
Water		6 No. 56 dippers
Sugar, granulated	6 pounds	3 No. 56 dippers
Cornstarch	8 ounces	⅜ No. 56 dipper
Water, for cornstarch		¾ No. 56 dipper
Pastry	1 recipe (see page 104)	

1. Wash apricots. Cover with cold water. Soak 2 hours. Add sugar and salt, mixing well. Heat to the boiling point. Simmer until tender. Drain.
2. Mix cornstarch and water. Stir until smooth.
3. Add slowly to apricot liquid. Heat to the boiling point, boil 5 minutes or until thick, stirring constantly. Add apricots. Mix well. Cool.
4. Cut pastry into 4-inch squares. Lay 1 mess kit spoon filling in the middle of one side, wet edges with cold water, fold over and press edges together.
5. Bake in hot oven for 20 minutes or until brown.

(4) Pineapple Turnovers.

100 Servings (Filling for 100 Turnovers)

Ingredients	Weights	Measures
Pineapple, shredded	3 No. 10 cans	
Cornstarch	12 ounces	3/5 No. 56 dipper
Water, for cornstarch		¾ No. 56 dipper
Sugar	4 pounds	2 No. 56 dippers
Salt		½ mess kit spoon
Pastry	1 recipe (see page 104)	

1. Drain juice from the pineapple. Heat to the boiling point.
2. Mix cornstarch and water; stir until smooth. Add slowly to hot juice. Boil 2 minutes or until thick, stirring constantly.
3. Add sugar and salt. Stir until sugar is dissolved. Remove from heat. Add pineapple and mix well. Let cool.
4. Cut pastry into 4-inch squares. Lay 1 mess kit spoon filling in the middle of one side, wet edges with cold water, fold over and press edges together.
5. Bake in hot oven for 20 minutes or until brown.

SECTION XI

ICE CREAM

SECTION XI

ICE CREAM

ICE CREAM

30. GENERAL.—Reconstitute the dehydrated powdered ice-cream mix or ice-cream paste as directed in paragraph 12.

31. FREEZING.—*a. Pouring in the mix.*—Freezing will be faster if the mix can be chilled before it is put into the freezer. Pour the mix into the freezer, start dasher motor, and turn on refrigeration. It is important that the dasher motor be in operation before the refrigeration is turned on. Otherwise the dasher may freeze to the freezer walls and damage the freezer. Watch the freezing process through the mix opening in the top of the freezer.

b. Freezing the mix.—Allow the refrigeration to stay on (at 24° to 25° F.) until the mix is frozen to a stiff, creamy consistency so that the ice cream, when drawn into a small cup, will pile up on the cup. Such test samples should be slowly returned to the freezer through the mix opening so that they will not block the opening and prevent further observation of the volume developing in the freezer.

c. Determining proper volume.—(1) When the mix has frozen to the desired creamy consistency, shut off the refrigeration and allow the freezer to run until the ice cream has doubled in volume. This volume may be determined with reasonable accuracy by observing the fullness of the freezer when the required volume is obtained. For the greatest accuracy, draw partially frozen ice cream into a cup at regular intervals and weigh it to determine overrun. A pint cupful should weigh exactly 9 ounces net at the time of drawing for 100 percent overrun. When the ice cream expands into the mix inlet or peephole while being whipped, the desired volume has generally been attained.

(2) Do not allow ice cream to reach more than double its original volume (100 percent overrun). During freezing, the overrun may exceed 100 percent before the desired stiffness is obtained. However, this overrun will decrease to 100 percent as freezing is continued to the proper stiffness. If sufficient refrigeration is not available and freezing is slow, it may not be possible to freeze the ice cream at temperatures as low as 24° or 25° F., and excessive amounts of overrun may result. If the rate of freezing cannot be increased by providing more refrigeration, excessive overruns can be prevented by adding an extra pint or quart of mix to the freezer, as conditions require. To illustrate, so-called 2½-gallon freezer has an actual volumetric capacity of 3 gallons. The procedure, then, would be to make up an extra batch of mix in advance and add an extra pint

or quart of mix from this batch to each freezerful. The rate of overrun will be retarded by the elimination of free space in the freezer, because no more air can be incorporated when the freezer is completely filled.

(3) Another method would be to draw only 2½ gallons of ice cream, or less, from the first freezerful and from each successive freezerful. Overcharge the first freezerful only and leave a small amount of frozen ice cream in the freezer after each draw. This will help to reduce the temperature of each successive batch and provide ice crystals to act as nuclei for the formation of more ice crystals. In this manner, freezing will be accelerated in subsequent batches.

(4) Sometimes the ice cream will reach its proper volume at the same time it reaches its proper stiffness. If this should happen, shut off the refrigeration and draw the ice cream from the freezer immediately without further whipping.

d. Adding flavors.—Add fruits and nuts to ice cream just before drawing

32. DRAWING.—When the desired volume is obtained, the ice cream should be drawn from the freezer as rapidly as possible into chilled containers. Containers should be chilled in the hardening cabinet while ice cream is being frozen. Put the ice cream into the hardening cabinet at once. If small containers are used, they should be handled rapidly. In some cases, it is recommended that the ice cream first be drawn into a large container, from which it can be emptied into the smaller containers. If this method is not practicable, the dasher may be stopped after each container has been filled.

33. HARDENING.—Immediately after drawing ice cream from the freezer, place it in a storage cabinet at a temperature no higher than 0° F. Check refrigeration regularly. The lower the storage cabinet's temperature, the faster the ice cream will harden and the smoother it will be. Subzero temperatures should be used in the hardening cabinet, which freezes ice cream rapidly, producing fine ice crystals and smooth-textured ice cream. Fast freezing to a good stiff consistency and rapid hardening produces the smoothest ice cream.

34. STORAGE.—Ice cream should be held in the storage cabinet until it is thoroughly hardened. The length of storage period after hardening is not important, as long as temperatures are sufficiently low to maintain ice cream in a hardened state. To accomplish this, temperatures of 0° F. or lower are necessary. Normal cabinet temperature fluctuations at levels above zero will cause the ice cream to lose its smooth velvety

texture. If frozen ice cream warms up and becomes soft, it should be refrozen in the freezer; if it is allowed to become refrozen in the cabinet, it will be very rough and icy.

35. DISPENSING.—Ice cream is dipped and served most satisfactorily at about 6° F. The ice cream should be transferred to the dispensing cabinet far enough in advance of serving to permit proper tempering. If a dispensing cabinet is not available, the hardening cabinet's temperature should be set at 0° F. to permit reasonably good hardening and serving conditions. Ice cream should not be stored long at this temperature if a smooth texture is to be retained.

36. CARE OF THE FREEZER.—*a.* The care and operation of the freezer is very important in the manufacture of ice cream. One of the most important factors affecting freezing operations is the condition of the dasher. The freezer may function inefficiently because of:

(1) Dull scraper blades.

(2) Bent freezer blades or freezer walls.

(3) Warped dasher.

The latter two conditions may be caused by inserting a rigid object such as a knife or spoon into the freezer while it is in operation or freezing the blades solidly to the wall of the freezer. Of these three, dull scraper blades are the main consideration, for dull blades not only produce a coarser ice cream but increase the motor load and lengthen the time required to finish the batch of ice cream.

b. Keep freezer blades sharp. Blades should be inspected regularly and sharpened when necessary. In sharpening, the wire edge or bur should be removed with a sharp file applied flat against the leading surface of the blade and strokes should be made inward from the cutting edge. The cutting edge itself should not be touched, since its contour is formed to the freezer barrel. The surface of the blade actually in contact with the freezer wall should not be wider than 1/16 inch. The surface edge should be maintained by filing off the blade—again not touching the cutting edge.

c. The freezer should be cleaned thoroughly after each day's operation. First rinse with warm water, operating the dasher for a few seconds only. Follow this with warm water to which has been added a non-abrasive cleaning compound. Disassemble the freezer and wash the dasher, bearings, openings, and so forth, with brush and warm water. Reassemble the freezer. Rinse with scalding water as before. Drain the freezer and leave it open to dry.

37. RECIPES.—

a. CHOCOLATE ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Cocoa	6 ounces	½ No. 56 dipper
Sugar, granulated	8 ounces	¼ No. 56 dipper
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Combine cocoa and sugar.
2. Mix dry sugar and cocoa with ice-cream mix powder. If ice-cream paste is used, reconstitute before adding cocoa mix.
3. Prepare and freeze in usual manner. (See par. 31.)

b. COFFEE ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Water		2 No. 56 dippers
Coffee, ground		10 mess kit spoons
Water		1½ No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Add coffee to water* and simmer for 10 minutes.
2. Strain and cool before using.
3. Add the water to the 2 dippers of coffee.
4. Reconstitute ice-cream powder or paste with the coffee mixture and freeze in the usual manner. (See par. 31.)

*Coffee may be put into cheesecloth bag before putting it into the water.

c. FRUIT COCKTAIL ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Fruit cocktail, canned	2/3 No. 10 can	2 No. 56 dippers
Water and juice		3½ No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Drain juice from fruit after measuring. Use water and juice to make a total of 3½ No. 56 dippers.
2. Use above liquid to reconstitute powder or paste. Add fruit to mix in freezer, after overrun has been obtained.
3. Let freeze several minutes more with refrigerant on, then turn off refrigerant and draw.

d. LEMON ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Lemon juice powder, synthetic		5 mess kit spoons
Sugar	1½ pounds	¾ No. 56 dipper
Water		3½ No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Combine lemon juice powder and sugar.
2. Dissolve the above mixture in the water.
3. Reconstitute the ice-cream mix with the lemon juice powder solution and freeze in the usual manner. (See par. 31.)

e. HARD CANDY ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Hard candy, crushed		¼ No. 56 dipper
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can
Water		3½ No. 56 dippers

1. Crush hard candy to consistency of a coarse powder. Put through a sieve if possible, to take out large pieces.
2. Add water to ice-cream mix and prepare and freeze in the usual manner. (See par. 31.)
3. Add crushed candy to the ice cream as it is being drawn from the freezer.

Caution: Do not put candy into freezer until ice cream is being drawn.

f. MAPLE ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Maple tablets	2	
Water, boiling		½ No. 56 dipper
Water		3 No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Dissolve maple tablets in boiling water.
2. Add dissolved maple tablets to the water and reconstitute ice-cream mix.
3. Freeze in the usual manner. (See par. 31.)

g. PEACH ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Peaches, diced, canned		2 No. 56 dippers
Water		3½ No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Drain juice from fruit after measuring. Use water and juice to make a total of 3½ No. 56 dippers.
2. Use water and juice to reconstitute powder.
3. Add fruit to mix in freezer after overrun has been obtained.
4. Let freeze for several minutes more with refrigerant on, then turn off refrigerant and draw.

h. PINEAPPLE ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Pineapple slices, canned		1¾ No. 56 dippers
Pineapple juice		¾ No. 56 dipper
Water and juice		2¾ No. 56 dippers
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can

1. Drain pineapple before measuring. Cut pineapple into small pieces.
2. Use water and pineapple juice to make a total of 3½ dippers. Use this liquid to reconstitute powder or paste.
3. Add cut slices of pineapple to mix in freezer after overrun has been obtained.
4. Let freeze for several more minutes with refrigerant on, then turn off refrigerant and draw.

i. VANILLA ICE CREAM.

Yield: 2½ gallons

Ingredients	Weights	Measures
Ice-cream mix powder	4¼ pounds	1 can
or		
Ice-cream mix paste	6 pounds	½ can
Water		3½ No. 56 dippers

1. Add the entire contents of the can of ice-cream mix to the water and mix thoroughly. (The powder or paste will go into solution readily. It is not necessary to reconstitute the mix thoroughly, as it will mix while freezing.)
2. If possible, chill the mix before putting into freezer. Pour the mix into freezer and freeze in the usual manner. (See par. 31.)

SECTION XII

BEVERAGES

SECTION XII

BEVERAGES

BEVERAGES

38. GENERAL—The most popular mealtime beverages are coffee, tea, and milk. Though a supply of fresh milk may be lacking, powdered milk can be made quite palatable. Fruit beverages, which are easily made, are always popular. Lemon juice powder may be added to many beverages, especially those prepared from fruit concentrates or bases, adding a desirable acid flavor. To cool these beverages use an ice cream freezer.

39. RECIPES.—The following recipes offer some suggestions for the preparation of table beverages from dehydrated products.

a. CHOCOLATE MILK.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Cocoa	1-2/3 pounds	2 No. 56 dippers
Sugar, granulated	4 pounds	2 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Milk, powdered*	8 pounds	8 No. 56 dippers
Water		30 No. 56 dippers

* Evaporated milk may be substituted. See Table VI.

1. Combine cocoa, sugar, salt, and powdered milk. Mix thoroughly.
2. Beat dry mixture with a wire whip in order to break up any lumps.
3. Add this dry mix to the water by floating it on top. Beat constantly with a wire whip while adding the milk.
4. Stir until all the milk powder is thoroughly dissolved.
5. Chill if possible. Beat again with a wire whip just before serving.

b. COFFEE MILK.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Milk, powdered	6 pounds	6 No. 56 dippers
Sugar, granulated	3½ pounds	1¾ No. 56 dippers
Coffee, brewed		10 No. 56 dippers
Water		21 No. 56 dippers

1. Combine powdered milk and sugar and mix thoroughly. Beat vigorously with a wire whip to break up any lumps.
2. Allow coffee to cool at room temperature. Combine coffee and water.
3. Add dry milk powder to the coffee mixture by floating it on top. Beat constantly with a wire whip while adding the milk.
4. Continue stirring until all the milk powder is thoroughly dissolved.
5. Chill if possible. Beat again with a wire whip just before serving.

c. EGGNOG.

100 Servings (8 gallons)
Portion: Approximately ½ canteen cup

Ingredients	Weights	Measures
Eggs, powdered, whole	2¼ pounds	3 No. 56 dippers
Milk, powdered, whole	5¼ pounds	5¾ No. 56 dippers
Sugar	2½ pounds	1¾ No. 56 dippers
Salt	1¾ ounces	3½ mess kit spoons
Cinnamon	¾ ounce	3 mess kit spoons
Nutmeg	¾ ounce	3 mess kit spoons
Water		28 No. 56 dippers
Vanilla	21 tablets	
Water, for vanilla tablets		½ No. 56 dipper

1. Combine all dry ingredients and mix until well blended.
2. Add water gradually to the blended dry mix, stirring constantly.
3. Crush tablets so that they will dissolve more readily and add to the water. Stir until vanilla tablets are thoroughly dissolved, and add to the milk mixture.
4. Chill this beverage if possible, and whip thoroughly before serving.

d. GRAPE LEMONADE.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Lemon juice powder, synthetic	1 12-ounce can	
Sugar, granulated		1½ No. 56 dippers
Water		26 No. 56 dippers
Grape juice		6 No. 56 dippers

1. Combine lemon juice powder, synthetic and sugar and mix well. Add gradually to water.
2. Stir until sugar and powder are thoroughly dissolved.
3. Add grape juice. Chill, if possible, before serving.

e. LEMONADE.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Lemon juice powder, synthetic	1 pound 1⅓ 12-ounce cans	
Sugar, granulated	6-2/3 pounds	3⅓ No. 56 dippers
Water		32 No. 56 dippers

1. Combine the synthetic lemon juice powder and sugar and mix well. Add gradually to the water.
2. Stir until sugar and lemon powder are thoroughly dissolved.
3. Chill, if possible, before serving.

f. LEMON JUICE.

Yield: 1 gallon

Ingredients	Weights	Measures
Lemon juice powder, synthetic	1 12-ounce can	
Water		1 gallon

Add the synthetic lemon juice powder to the water, and use in the same proportion as fresh lemon juice. (One gallon equals approximately 92 lemons.)

g. PINEAPPLE MILK.

100 Servings
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Milk, powdered	8 pounds	8 No. 56 dippers
Sugar, granulated	2 pounds	1 No. 56 dipper
Water		14 No. 56 dippers
Pineapple juice	5 No. 10 cans	

1. Combine powdered milk and sugar, and beat thoroughly with a wire whip to break up any lumps.
2. Add powdered milk mixture to the water by floating it on top. Beat with a wire whip.
3. Add pineapple juice to milk mixture. Stir constantly to prevent lumping.
4. Chill if possible. Beat with a wire whip just before serving.

h. VANILLA MILK (USING VANILLA FLAVORING).

100 Servings (8 gallons)

Portion: Approximately ½ canteen cup

Ingredients	Weights	Measures
Milk, powdered	8 pounds	8 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Vanilla	15 tablets	
Water		30 No. 56 dippers

1. Beat powdered milk with a wire whip before adding to water, in order to break up any lumps in the milk.
2. Add the powdered milk to the water by floating it on top. Beat constantly with a wire whip while adding milk.
3. Add salt and vanilla*. Continue stirring until all the milk powder is thoroughly dissolved.
4. Chill if possible. Beat again with a wire whip just before serving.

*Dissolve vanilla tablets in a small quantity of water before adding to milk.

i. VANILLA MILK (USING VANILLA PUDDING POWDER).

100 Servings (8 gallons)

Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Milk, evaporated	35 14-ounce cans	
Water, for evaporated milk		16 No. 56 dippers
or		
Milk, powdered	7 pounds	7 No. 56 dippers
Water, for powdered milk		28 No. 56 dippers
Vanilla pudding powder		2 No. 56 dippers

1. Combine evaporated milk and water, or reconstitute powdered milk by floating powdered milk on the water.
2. Beat constantly with a wire whip until milk is thoroughly dissolved.
3. Add pudding powder and whip until dissolved.
4. Chill, if possible, and whip again just before serving.

j. CHOCOLATE MILK.

Follow recipe for vanilla milk (see *h* above), but use 4 No. 56 dippers of chocolate pudding powder in place of the vanilla pudding powder.

k. BUTTERSCOTCH MILK.

Follow recipe for vanilla milk (see *h* above), but use 4 No. 56 dippers of butterscotch pudding powder in place of the vanilla pudding powder.

l. VANILLA ICE-CREAM MIX BEVERAGE.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Milk, powdered	2 2/3 pounds	2 2/3 No. 56 dippers
Ice-cream powder	7½ pounds	5⅓ No. 56 dippers
Water		8 gallons
Salt	1 ounce	2 mess kit spoons

1. Mix powdered milk and ice-cream mix powder together. Add to water by floating it on top. Mix thoroughly with a wire whip.
2. Chill if possible and beat again with a wire whip just before serving.

m. TEA WITH LEMON JUICE.

100 Servings (8 gallons)
Portion: approximately ½ canteen cup

Ingredients	Weights	Measures
Tea	7½ ounces	2/3 No. 56 dipper
Water, hot		10 No. 56 dippers
Water, cold		20 No. 56 dippers
Lemon juice powder, synthetic	3 ounces	8 mess kit spoons
Sugar, granulated	2 pounds	1 No. 56 dipper
Water		1 No. 56 dipper

1. Tie tea in cloth bag and drop into kettle of boiling water. Reduce heat to prevent boiling.
2. Brew 5 to 7 minutes. Remove bag from brew. Add cold water.
3. Combine lemon juice powder and sugar. Dissolve in water. Add to tea and mix thoroughly.
4. If ice is added, reduce the amount of water accordingly.

SECTION XIII

SANDWICHES

SECTION XIII

SANDWICHES

SANDWICHES

40. GENERAL.—Sandwiches have long been used to supply short notice or "traveling meals." Since good sandwich making constitutes more than just throwing two slices of bread together, some sandwich suggestions have been included in this book.

"B" Ration items can be used to make popular fillings for sandwiches. Canned meats are helpful for quick sandwich making for, if necessary, the canned meats are ready to be used just as they are. However, time permitting, many combinations of "B" Ration items can be made to give more tasty sandwich fillings.

41. SANITATION RULES. — Certain sanitation rules must be observed in all food preparations, especially in sandwich making. Since sandwiches often have to be held before eating, special care must be taken to insure clean food and equipment. In regard to sandwich making, the Office of The Surgeon General has issued the following regulations:

> "The use of ground meats and egg or cheese spreads as sandwich fillers is dangerous *unless* prepared just prior to serving. Sandwiches to be issued to troops in the field for future consumption should be generally of non-protein foods *unless* adequate amounts of ground pickle mixture containing vinegar are used as a filler with them. They should be prepared as close as possible to the time of consumption. Sandwiches made of jelly, jam, butter, sliced cheese, and sliced meat, *providing that no mayonnaise or other cooked dressing is used,* the meat and cheese are covered on both sides with a ground pickle mixture containing vinegar, are suggested types to serve."

50 SANDWICH QUANTITIES FOR B RATION MEATS

Meat	*Quantity for Canned Bread*	*Kepnic Bread*
Bacon	1½ 6-pound cans	2 6-pound cans
Beef and gravy	4½ 30-ounce cans	5 30-ounce cans
Roast beef	1 6-pound can	1½ 6-pound cans
Beef, corned	1 6-pound can	1½ 6-pound cans
Chicken or Turkey	3 35-ounce cans	4½ 35-ounce cans
Frankfurters	4 30-ounce cans	5 30-ounce cans
Ham chunks	4 30-ounce cans	5 30-ounce cans
Luncheon meat	4½ pounds	1 6-pound can
Pork and gravy	4½ 30-ounce cans	5 30-ounce cans
Sausage, Vienna	4 30-ounce cans	5 30-ounce cans
Sausage, pork	3 pounds	5 pounds
Jam and jelly	3 pounds	5 pounds
Mayonnaise	¾ pound	1 pound
Relish	3 pounds	5 pounds
Pickles	1½ pounds	3 pounds
Catsup	28 ounces	3 pounds
Mustard	½ pound	1 pound
Peanut butter	3 pounds	5 pounds

SANDWICH MAKING HINTS

Breads and Spreads:

1. Use a variety of breads, such as rye, whole wheat, and raisin bread whenever possible.
2. Slice bread approximately ⅜ inch in thickness.
3. Bread should be fresh, especially if sandwiches are to be kept for a period of time before being eaten.
4. Place Army Spread on one or both slices of bread to prevent fillings and relish from soaking into bread. Army Spread also helps to prevent a dry tasting sandwich.
5. Army Spread held at room temperature for 2 to 4 hours will be of good spreading consistency. The softer the spread the less spread needed.
6. When using cheese spreads, Army Spread is not necessary.

Filling:

1. Meat, fish, cheese or egg sandwiches make a sandwich that "sticks to the ribs."
2. Spread filling to the edge of the bread so crusts will not be dry and unappetizing.
3. Sandwich fillings that are moist but not "dripping" taste better.
4. Don't be stingy with the amount of filling used. After all, *sandwiches have to make the meal.*
5. Season all sandwich fillings. Relish is always good to use, for it acts as a preserving agent.

Wrapping:

1. Wrap all sandwiches in wax paper or place in waxed paper sandwich bags.
2. Pack sandwiches separately.
3. Prepare sandwiches as short a time as possible before packing.
4. Refrigerate all fillings as soon as prepared if held before use.
5. To keep sandwiches fresh, if they must be kept for a period before wrapping, place in refrigerator with a damp towel covering them.

42. RECIPES.—

1. **BEAN SPREAD.**

Filling for 50 sandwiches

Ingredients	Weights	Measures
ry beans, cooked		2½ No. 56 dippers
layonnaise	½ pound	¼ No. 56 dipper
alt	1½ ounces	3 mess kit spoons
lustard, dry	1 ounce	4 mess kit spoons

Put soft cooked beans through sieve or mash well.
Add salt and mustard to mayonnaise. Mix well and combine with mashed beans. Spread on bread.

ariations:

Add 1 pound diced fried bacon to spread. Mix well.
Use 8 mess kit spoons of catsup in place of dry mustard if desired.

b. BEEFBURGER.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Beef, canned*	1 6-pound can	
Catsup		¾ No. 56 dipper
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Eggs, powdered	4½ ounces	⅜ No. 56 dipper
Pepper	⅛ ounce	½ mess kit spoon
Flour	1¼ pounds	1 No. 56 dipper
Fat, for frying		

*Corned Beef ground or chopped may be used in place of roast beef.

1. Chop or grind canned roast beef. Mix with catsup.
2. Soak onions in water for 20 minutes. Drain well.
3. Add reconstituted onions, powdered eggs (added dry) and pepper to meat and catsup mixture.
4. Shape into patties, roll in flour and fry until lightly browned.

c. CHEESE SPREAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Cheese, processed or brick	2½ pounds	2 No. 56 dippers
Milk, evaporated	2 14-ounce cans	
Catsup	4 ounces	⅛ No. 56 dipper
Mustard, prepared	3 ounces	6 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Pepper	¼ ounce	½ mess kit spoon

1. Grind or grate cheese.
2. Add milk to cheese and mix until of a smooth spreading consistency.
3. Add catsup, mustard, salt and pepper and mix well until smooth.
4. Spread on bread.

Variations:

1. Cheese and Bacon—Dice and fry 1 pound of bacon. Add fried bacon to cheese spread.
2. Cheese and relish—Add ½ No. 56 dipper drained pickle relish to cheese spread. Mix well.

d. CHICKEN AND CHEESE.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Chicken (or turkey) boned	3 35-ounce cans	
Cheese, diced	1 pound	¾ No. 56 dipper
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Mayonnaise	2 pounds	1 No. 56 dipper
Salt	½ ounce	1 mess kit spoon

1. Drain chicken and chop into small pieces.
2. Dice cheese and combine.
3. Soak onions in water for 20 minutes. Drain.
4. Combine salt, drained onions, mayonnaise and add to diced cheese and chicken. Mix well.
5. Spread on bread.

e. CORNED BEEF AND BACON.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Corned beef	1 6-pound can	
Bacon, diced	2 pounds	
Pickle relish	1½ pounds	½ No. 56 dipper
Mustard, prepared	3 ounces	6 mess kit spoons
Salt	½ ounce	1 mess kit spoon

1. Grind or break up corned beef.
2. Dice bacon and fry. Save drippings.
3. Combine ground corned beef with diced bacon, pickle relish, mustard and salt.
4. Spread on bread and add catsup or pickle relish as desired.

f. CREOLE VIENNA SAUSAGE.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Vienna sausage	4 30-ounce cans	
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Bouillon cubes	2	
Water, boiling		¼ No. 56 dipper
or		
Meat stock, boiling		¼ No. 56 dipper
Catsup	18 ounces	1 No. 56 dipper
Mustard, dry	1 ounce	4 mess kit spoons
Pickle relish	5 ounces	8 mess kit spoons

1. Drain and grind or mash vienna sausage.
2. Soak onions in water for 20 minutes. Drain.
3. Add bouillon cubes to boiling water. Combine bouillon or meat stock with catsup, mustard, pickle relish and drained onions.
4. Combine sauce and sausages. Mix well.
5. Spread on bread.

g. DEVILLED HAM.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Ham chunks	4 30-ounce cans	
Mayonnaise	2 pounds	1 No. 56 dipper
Mustard, prepared	4 ounces	8 mess kit spoons
Salt	½ ounce	1 mess kit spoon
Pepper		½ mess kit spoon
Pickle relish	2 pounds	¾ No. 56 dipper

1. Drain ham and grind or chop.
2. Add salt, pepper, mustard and pickle relish to mayonnaise. Combine mayonnaise mixture with ham.
3. Mix well and spread on bread.

h. DEVILLED LUNCHEON MEAT.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Mayonnaise	1 pound	½ No. 56 dipper
Mustard, prepared	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Luncheon meat	1 6-pound can	

1. Soak onions in water 20 minutes. Drain well.
2. Mix mustard with mayonnaise, and add pepper and onions.
3. Dice luncheon meat into ¼-inch cubes. Combine luncheon meat with mayonnaise mixture.
4. Spread on bread.

i. FISH LOAF.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Milk, powdered	¼ pound	¼ No. 56 dipper
Water, for milk		1 No. 56 dipper
or		
Milk, evaporated	1½ 14-ounce cans	
Water, for milk		½ No. 56 dipper
Fish, flaked	9 1-pound cans	
Potatoes, mashed		4¼ No. 56 dippers
Bread crumbs, dry	1¼ pounds	1¼ No. 56 dippers
Fish liquor		½ No. 56 dipper
Salt	1 ounce	2 mess kit spoons

1. Combine water and milk or reconstitute powdered milk.
2. Drain fish and save liquid.
3. Add milk, bread crumbs, fish liquor, salt and potatoes to flaked fish.
4. Pour into greased bake pans and bake in a hot oven until brown, (about 30 minutes).
5. Slice loaf when cold and place on bread. Pickle relish or catsup may be added to sandwich.

j. HAM AND CHEESE.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Ham chunks	3 30-ounce cans	
Cheese, diced	1 pound	¾ No. 56 dipper
Pickle relish	2½ pounds	1 No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Pepper	⅛ ounce	½ mess kit spoon

1. Soak onions in water for 20 minutes. Drain well.
2. Drain ham and chop or grind.
3. Dice cheese.
4. Combine ham, diced cheese, drained onions, pickle relish, salt and pepper.
5. Mix well and spread on bread.

k. HAM AND CHICKEN.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Chicken and turkey, boned	2 35-ounce cans	
Ham chunks	2 30-ounce cans	
Pickle relish	1¼ pounds	½ No. 56 dipper
Mayonnaise or salad dressing	2 pounds	1 No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Drain liquid from ham and chicken. Dice meat into small cubes.
2. Combine relish, mayonnaise, salt and pepper with ham and chicken.
3. Mix well and spread on bread.

l. MEAT LOAF SANDWICH.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Rice, dry	12 ounces	⅓ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Water, for rice		5 No. 56 dippers
Onions, dehydrated	1 ounce	⅛ No. 56 dipper
Water, for onions		¼ No. 56 dipper
Luncheon meat, canned	1 6-pound can	
Milk, powdered	4 ounces	¼ No. 56 dipper
Eggs, powdered	4½ ounces	7 mess kit spoons
Pepper	⅛ ounce	½ mess kit spoon

1. Add rice to rapidly boiling salted water. Boil uncovered for 20 minutes or until tender. Drain well.
2. Soak onions in water for 20 minutes. Drain.
3. Slip luncheon meat from can. Mash or grind.
4. Add the drained rice, reconstituted onions, powdered eggs, powdered milk (do not reconstitute milk or eggs) and pepper.
5. Mix thoroughly with ground meat.
6. Form meat into loaves approximately the shape of a loaf of bread.
7. Bake uncovered for one hour in moderate oven.
8. Cool meat loaf before slicing. Slice and place on bread.
9. Catsup or relish may be added to the sandwich.

m. MEAT SALAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Beef, canned	1 6-pound can	
Mayonnaise	2 pounds	1 No. 56 dipper
Pickle relish	2½ pounds	1 No. 56 dipper
Salt	½ ounce	1 mess kit spoon
Eggs, hard-boiled (canned or fresh)	1 dozen	

1. Chop or grind canned beef.
2. Combine chopped or ground beef with mayonnaise, pickle relish and salt.
3. If available, dice hard-boiled eggs and add to the above mixture.

n. NUT HAM SANDWICH SPREAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Ham chunks	3 30-ounce cans	
Peanut butter	3 pounds	1½ No. 56 dippers
Mayonnaise	1 pound	½ No. 56 dipper
Mustard, prepared	8 ounces	¼ No. 56 dipper
Kitchen sauce		3 mess kit spoons

1. Drain ham and grind or chop.
2. Combine peanut butter and ground chopped ham.
3. Add mayonnaise, mustard and kitchen sauce to ham and peanut butter combination.
4. Mix till smooth and spread on bread.

o. PEANUT BUTTER AND BACON.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Bacon, diced	2 pounds	
Peanut butter	3 pounds	1½ No. 56 dippers
Bacon drippings	3 ounces	6 mess kit spoons

1. Dice bacon and fry until crisp. Save bacon drippings.
2. Add fried bacon and 6 mess kit spoons of bacon drippings to peanut butter and mix well.
3. Spread on bread.

p. PEANUT BUTTER AND DRIED FRUIT.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Apple nuggets, dehydrated	3 ounces	¼ No. 56 dipper
Water, for apples		½ No. 56 dipper
Raisins, or prunes, chopped	10½ ounces	½ No. 56 dipper
Apricots, dried, chopped	10½ ounces	½ No. 56 dipper
Peanut butter	4 pounds	

1. Soak apple nuggets in water for 20 minutes. Drain.
2. Chop raisins and apricots. Add drained apple nuggets, chopped raisin and apricots to peanut butter.
3. Mix well and spread on bread.

q. PORK SANDWICH.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Pork sausage, canned bulk	4 34-ounce cans	
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Fat	½ pound	¼ No. 56 dipper
Pickle relish	1¼ pounds	½ No. 56 dipper

1. Grind or mash pork sausage.
2. Soak onions for 20 minutes.
3. Melt fat in pan, add drained onions and sausage and fry until ligh and browned.
4. Add pickle relish.
5. Mix well and spread on bread.

r. SALMON SALAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Salmon, or tuna, canned	5 1-pound cans	
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water, for onions		½ No. 56 dipper
Peas, canned	2 No. 2 cans	1¼ No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Pepper	⅛ ounce	½ mess kit spoon
Pickle relish*	2½ pounds	1 No. 56 dipper

*If sandwiches are not to be held before eating, ¾ No. 56 dipper of mayonnaise and ½ No. 56 dipper of pickle relish may be used in place of 1 No. 56 dipper of pickle relish.

1. Flake salmon. Remove salmon skin.
2. Soak onions in water for 20 minutes. Drain well.
3. Drain peas.
4. Add with drained onions, salt, pepper, and pickle relish to salmon.
5. Mix well and spread on bread.

s. SPICED FISH SPREAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Fish, flaked*	7 1-pound cans	
Onions, dehydrated	2 ounces	¼ No. 56 dipper
Water for onions		½ No. 56 dipper
Vinegar, 50 grain		3 mess kit spoons
Kitchen sauce		4 mess kit spoons
Pickle relish	10 ounces	¼ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Sugar	1 ounce	2 mess kit spoons

*Any canned fish may be used.

1. Drain fish and flake.
2. Soak onions in water for 20 minutes. Drain well.
3. Add vinegar, kitchen sauce, relish, salt, pepper, sugar, and drained onions to flaked fish.
4. Mix well and spread on bread.

t. TONGUE AND CHEESE.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Tongue	1 6-pound can	
Cheese, diced	1¼ pounds	1 No. 56 dipper
Mustard, prepared	2 ounces	4 mess kit spoons
Pickle relish	2½ pounds	1 No. 56 dipper

1. Chop or dice tongue. Dice cheese and combine with tongue.
2. Add mustard and pickle relish to tongue and cheese.
3. Mix well and spread on bread.

u. TURKEY SALAD.

Filling for 50 sandwiches

Ingredients	Weights	Measures
Turkey, or chicken, boned	4 35-ounce cans	
Peas, canned	2 No. 2 cans	1¼ No. 56 dippers
Mayonnaise*	3 pounds	1½ No. 56 dippers
Pickle relish	1¼ pounds	½ No. 56 dipper

*If sandwiches are to be held, 1½ No. 56 dippers of pickle relish may be substituted for the 1½ No. 56 dippers of mayonnaise and ½ No. 56 dipper of relish.

1. Drain liquid from chicken or turkey and chop into small pieces.
2. Drain canned peas and add to turkey.
3. Add mayonnaise and pickle relish.
4. Mix well and spread on bread.

ADDITIONAL SANDWICH SUGGESTIONS

Fillings for 50 Sandwiches

1. Bacon and Mayonnaise. Place bacon slices on bread and spread mayonnaise on other slice. Combine.

2. Beef and Gravy—hot. Heat 5 30-ounce cans of beef and gravy. Pour over toast and serve as a hot sandwich.

3. Beef Sandwich—sliced. Use 5 30-ounce cans of beef and gravy. Remove gravy and slice beef. Place slices on bread and add mustard, catsup or pickle relish.

4. Bacon and Baked Beans. Dice and fry 2½ pounds of bacon. Combine with 2 quart dippers mashed cooked baked beans. Add enough mayon-

naise to make a paste. If sandwiches are to be held before serving use catsup in place of mayonnaise.

5. Cheese and Luncheon Meat. Thinly slice cheese and luncheon meat to approximately ¼ inch thickness. Place a slice of each on bread. Pickle relish, mustard, or catsup is good with this combination. (Use 3 pounds of cheese and 6 pounds of luncheon meat.)

6. Cheese and Relish. Place layers of pickle relish on one or both slices of bread. (Use 6 pounds of cheese and 2 quart dippers of pickle relish.) Slice cheese and place one slice on bread.

7. Cheese and Bacon. Fry bacon, slice cheese thin. Top slices with fried bacon. Mustard, relish, or pickle relish are good with this sandwich. (Use 3 pounds of cheese, 1½ pounds of bacon.)

8. Cheese and Peanut Butter. Chop 1½ pounds of cheese (1¼ quart dippers). Mix cheese with 4 pounds (2 quart dippers) of peanut butter. Add salt and pepper to taste.

9. Cheese and Jelly. Slice cheese thin. Place slice of cheese on bread. Spread other slice with jam or jelly. (Use 3 pounds of cheese and 5 pounds (1-2/3 quart dipper) of jam or jelly.)

10. Cheese and Baked beans. Combine 2 quarts of cooked baked beans with one quart dipper (1¼ pounds) diced cheese and 1½ quart dippers (9 ounces) catsup. Add salt and pepper to taste.

11. Chicken and Cranberry Sauce. Use canned or make cranberry sauce using dehydrated cranberries. Slice boned chicken, cover with layer of cranberry sauce. (Use 4½ 30-ounce cans of boned chicken or turkey and 2½ pounds of cranberry sauce.)

12. Corned Beef and Catsup. Break up 6 pounds of corned beef. Spread layers of corned beef on bread and add catsup.

13. Corned Beef and Relish. Break up 6 pounds of corned beef and spread on bread. Add relish.

14. Frankfurters. Use 4 30-ounce cans of frankfurters. Slice frankfurters lengthwise and place on slices of bread. Add catsup, mustard, or pickle relish.

15. Franks and Cheese. Dice 1¼ pounds (1 quart dipper) cheese. Combine with 4 30-ounce cans of frankfurters that have been diced. Add enough pickle relish or catsup to moisten, and spread on bread.

16. Peanut Butter and Jelly. Spread layers of peanut butter (5 pounds or 2½ quart dippers) on bread. Spread layer of jam or jelly on top of peanut butter, (3 pounds or 1 quart dipper).

17. Peanut Butter and Pickle Relish. Spread layer of peanut butter (5 pounds or 2½ quart dippers) on bread. Place layer of pickle relish on peanut butter (approximately 5 pounds or 2 quart dippers).

SUGGESTED BOX LUNCH MENUS

No. 1

Sandwiches:
1. Devilled Ham
2. Tongue & Cheese

Cookies:
1. Applesauce Cookies
2. Chocolate Cookies

Coffee

No. 2

Sandwiches:
1. Beefburger
2. Cheese & Relish

Fruit Turnovers
Sugar Cookies
Iced Tea

No. 3

Sandwiches:
1. Frankfurters
2. Corned Beef & Relish

Chocolate Cake
Pineapple Milk

No. 4

Sandwiches:
1. Devilled Luncheon Meat
2. Peanut Butter & Jelly

Cookies:
1. Spice Cookies
2. Oatmeal Cookies

Vanilla Flavored Milk

No. 5

Sandwiches:
1. Spiced Fish Spread
2. Cheese Spread

Jelly Roll
Chocolate Milk

No. 6

Sandwiches:
1. Creole Vienna Sausage
2. Chicken & Cheese

Yellow Cake
Grapefruit Juice

No. 7

Sandwiches:
1. Meat Loaf
2. Cheese & Bacon

Applesauce Cake
Lemonade

No. 8

Sandwiches:
1. Meat Salad
2. Peanut Butter & Relish

Brownies
Sugar Cookies
Grape Juice

No. 9

Sandwiches:
1. Beef Sandwich
2. Cheese Spread

Apple Turnovers
Chocolate Milk

No. 10

Sandwiches:
1. Salmon Salad
2. Bean Spread

Jelly Roll
Iced Tea

REFERENCE TABLES: WEIGHTS, MEASUREMENTS, AND TEMPERATURES

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The tables which follow are valuable in two ways. First, they are a convenient means of reference. Second, they should serve indirectly to prevent waste by indicating the exact weights, measurements, and temperatures to be used in preparing various foods. Exact measurements also contribute to the palatability of a dish. In addition, baking or frying at temperatures adjusted to the food being prepared will prevent losses through burning or scorching.

TABLE I

TABLE OF EQUIVALENT MEASUREMENTS

3 teaspoons	1 mess kit spoon
1 mess kit spoon	1 tablespoon
4 mess kit spoons	¼ cup
5⅓ mess kit spoons	⅓ cup
8 mess kit spoons	½ cup
16 mess kit spoons	1 cup
2 cups	1 pint
1 pint	½ quart dipper
1 mess kit cup	1½ pints
4 cups	1 quart dipper
1 No. 56 dipper	1 quart
4 No. 56 dippers	1 gallon
8 quarts	1 peck
4 pecks	1 bushel

TABLE II

APPROXIMATE WEIGHTS OF STANDARD MEASURES

Food item	Mess kit spoon (ounces)	No. 56 dipper (1 quart) (pounds)	(ounces)
Allspice, ground	¼	....	....
Apples, evaporated	....	....	9
Apple nuggets, dehydrated	....	....	12
Apricots, evaporated	....	1	5
Bacon, diced	....	1	8
Barley	....	2	....
Beans, kidney, dry	....	1	9
Beans, lima, dry	....	1	10
Beans, issue, dry	....	1	12
Beans, oven-baked, dehydrated	....	1	4
Beef, fresh, ground, raw	....	2	....
Beets, diced, dehydrated	....	....	13
Beets, julienne, dehydrated	....	....	9
Bread crumbs, ground, dry	....	1	....
Bread crumbs, moist (loose pack)	....	....	8
Butter (solid pack)	....	2	....
Cabbage, dehydrated	....	....	5
Carrots, diced	....	....	14
Celery, cubed	....	1	....
Cheese, American cheddar, ground	....	1	3
Cheese, American cheddar, shredded	....	1	....
Cheese, cottage	....	2	....
Cocoa	¼	....	13
Cinnamon, ground	¼	....	....
Cloves, ground	¼	....	....
Coconut, shredded (loose pack)	....	....	11
Coffee, roasted and ground	....	1	....
Corn meal	....	1	5
Cornstarch	⅓	1	5
Cranberries, slices (loose pack)	....	1	4
Cranberry powder	....	1	5
Cream of tartar	⅓	....	....
Eggs, whole, fresh, without shells	....	2	....
Egg whites, fresh	....	2	....
Egg yolks, fresh	....	2	....
Eggs, whole, powdered	¼	....	12
Extract, lemon or vanilla	½	....	....
Farina	....	1	9
Flour, issue, sifted	¼	1	....
Flour, issue, unsifted	¼	1	4
Flour, pastry, sifted	¼	....	13
Flour, pastry, unsifted	¼	1	1
Flour, whole-wheat	¼	1	3
Gelatin dessert, powdered, flavored	¼	1	5
Ginger, ground	¼	....	....
Hominy, dehydrated	....	1	1
Hominy grits	....	1	8
Lard or lard substitute	....	2	....
Lentils	....	1	5
Mace	¼	....	....
Milk, whole, powdered	¼	1	....
Molasses, heavy	....	3	....
Mustard, ground	¼	....	....

TABLE II (Continued)

Food item	Mess kit spoon (ounces)	No. 56 dipper (1 quart) (pounds)	(ounces)
Nutmeg, ground	¼	....	....
Oats, rolled	....	....	12
Oil, salad	½	1	15
Onions, diced, fresh	....	1	....
Onions, dehydrated	....	....	8
Paprika	¼	....	....
Parsley, fresh, chopped	....	....	12
Peaches, evaporated	....	1	5
Peas, dry, split	....	1	12
Pepper, black, ground	¼	....	....
Peppers, green, fresh, chopped	....	1	....
Potatoes, white, diced, dehydrated	....	....	11
Potatoes, white, shreds, dehydrated	....	....	10
Potatoes, sweet, diced, dehydrated	....	1	....
Potatoes, sweet, sliced, dehydrated	....	....	12
Powder, baking	⅜	1	13
Powder, chili	¼	....	....
Powder, curry	¼	....	....
Prunes, evaporated	....	1	5
Raisins, seedless	....	1	5
Rice, dry	....	2	....
Rutabagas (turnips), dehydrated	....	....	11
Salt	½	2	1
Sage, ground	⅛	....	....
Seasoning, poultry, ground	¼	....	....
Soda, baking	½	....	....
Soup, bean, dehydrated	....	1	4
Soup, pea, dehydrated	....	1	4
Sugar, brown (loose pack)	¼	1	5
Sugar, powdered	⅜	1	11
Sugar, granulated	½	2	....
Tapioca, minute (granulated)	....	1	9
Tapioca, pearl	....	1	5
Tea	....	....	11
Vinegar	½	2	....
Water	½	2	....

TABLE III

TABLE OF EQUIVALENT WEIGHTS OF DEHYDRATED, FRESH, AND CANNED FOODS

FOR 100 SERVINGS

Item	Dehydrated (pounds)	Fresh (uncleaned) (pounds)	Canned (with juice)
Apples	4	40	3 No. 10 cans
Beets	3¼	39	26 pounds
Cabbage	3½	56	
Carrots	4	50	30 pounds
Cranberries	1	6	
Eggs, whole	6	17	
Milk, whole	8	28 (quarts)	31 14-oz cans
Onions	2	25	
Potatoes, white	7 (diced or julienne)	42	4 No. 10 cans
Potatoes, sweet	8	27	4 No. 10 cans

TABLE IV

RECONSTITUTION RATIOS OF DEHYDRATED FOODS

FOR 100 SERVINGS

Dehydrated food	By weight (pounds)		By volume (No. 56 dippers)	
	Vegetable or fruit	Water	Vegetable or fruit	Water
Apple nuggets	4	24	5¼	12
Beets, diced or julienne	3¼	28	4	14
Cabbage	3	30	9½	15
Carrots	4	28	4½	14
Cranberries, whole	1	10	3	5
Cranberries, sliced	1	10	¾	5
Eggs, powdered	6	20	8	10
Milk, powdered	8	60	8	30
Onion flakes	2	16	4	8
Potatoes, diced or julienne	7	38	10	19
Potato shreds	6	18	9½	9
Potatoes, sweet	8	24	8	12
Soups, dehydrated	6	48	4¾	24

TABLE V

SOAKING AND SIMMERING PERIODS

Dehydrated food	Soaking period (minutes)	Simmering time (minutes)
Apple nuggets	0	10 to 20
Beets, diced or julienne	20 to 40	20 to 30
Cabbage	20	10
Carrots	20 to 40	15 to 25
Cranberries, whole	0	15 to 20
Cranberries, sliced	0	15 to 20
Eggs, powdered	0	0
Milk, powdered	0	0
Onions	20 to 40	
Potatoes, diced or julienne	20 to 40	10
Potato shreds	0	0*
Potatoes, sweet, diced	20	20 to 30
Soups, dehydrated	0	3

*If boiling water is added to potatoes, let stand for 20 minutes.

TABLE VI

EQUIVALENT MEASUREMENTS FOR THE DIFFERENT FORMS OF MILK

Fresh milk	Whole milk powder			Evaporated milk	
	Powder (pounds)	(No. 56 dippers)	Water (No. 56 dippers)	Cans	Water (No. 56 dippers)
1 quart	¼	¼	1	1	½
1 gallon	1	1	3¾	4⅜	2
2 gallons	2	2	7½	8¾	4
3 gallons	3	3	11¼	13	6
4 gallons	4	4	15	17½	8
5 gallons	5	5	18¾	22	10
8 gallons	8	8	30	35	16

TABLE VII

OVEN TEMPERATURES

Rate of heat	Temperature	
	Degrees Fahrenheit	Degrees Centigrade
Slow	250 to 300	121 to 149
Very moderate	300 to 325	149 to 163
Moderate	325 to 375	163 to 191
Moderately hot	375 to 400	191 to 204
Hot	400 to 450	204 to 232
Very hot	450 to 500	232 to 260

TABLE VIII

DEEP-FAT FRYING TEMPERATURES

Type of product	Temperature of fat		Time required to brown a 1-inch cube of bread in the hot fat (seconds)
	Degrees Fahrenheit	Degrees Centigrade	
Dry, uncooked foods Croquettes, containing raw foods Doughnuts Fritters	350 to 365	177 to 185	60
Cooked foods Cheese balls Croquettes, containing cooked foods Fish Oysters	365 to 382	185 to 194	40
Wet, cold, uncooked foods French-fried potatoes Potato balls	382 to 390	194 to 199	20

MENU PLANNING GUIDE

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The following is a comprehensive list of suggested uses for items of the B ration. If used as a menu planning guide, it should prove helpful in providing meal variety. Recipes for most of the dishes listed will be found in this manual. Recipes for items not found in this manual can be found in TM 10-406, TM 10-411, and TM 10-412.

1. BREAKFAST DISHES.—

a. Cereals.—

(1) Oatmeal
(2) Wheat cereal
(3) Whole-wheat cereal

b. Main dish.—

(1) Scrambled eggs with meat or bacon
(2) Jelly omelet
(3) French pancakes
(4) Pancakes
(5) Corned beef hash
(6) French toast
(7) Western omelet

2. DINNER AND SUPPER DISHES.—

a. Relish.—

(1) Pickled beets
(2) Pickles
(3) Cranberry sauce

b. Fruit juices.—

(1) Cranberry juice
(2) Pineapple juice
(3) Blended orange and grapefruit juice
(4) Fruitade

c. Soups.—

(1) Cream of potato
(2) Cream of tomato

(3) Cream of onion
(4) Yellow pea
(5) Green pea
(6) Navy bean
(7) Vegetable
(8) Vegetable C ration
(9) Salmon chowder
(10) Bouillon
(11) Chicken stock
(12) Corn chowder
(13) Cream of spinach

d. Main dish.—

(1) *Beef.*—
(a) Meat loaf
(b) Beef and spaghetti
(c) Meat pie
(d) Meat croquettes
(e) Beef stew
(f) Chop suey
(g) Baked beans
(h) Spanish beef
(i) Hamburgers
(j) Beef potted with vegetables
(k) Beef and gravy with tomato dumplings
(l) Beef fritters

(2) *Chicken.*—
(a) Chicken creole
(b) Chicken fricassee
(c) Chicken a la king
(d) Chicken pie with pie crust
(e) Chicken croquettes
(f) Chicken with rice or macaroni
(g) Chicken with noodles
(h) Chicken salad

(3) *Chili con carne.*—
(a) Meat sauce for spaghetti

(4) *Corned beef.*—
(a) Corned beef and mashed potatoes
(b) Corned beef casserole

(c) Corned beef and spaghetti
(d) Corned beef and Spanish rice
(e) Corned beef cutlets
(f) Corned beef with macaroni
(g) Corned beef roll
(h) Corned beef with rice
(i) Corned beef creamed
(j) Croquettes
(k) Meat balls
(l) Minced meat formula No. 1
(m) Minced meat formula No. 2
(n) Meat loaf (combined with other meat)
(o) Corned beef patties
(p) Corned beef hash

(5) *Luncheon meat.*—

(a) Luncheon meat with Spanish rice
(b) Breaded luncheon meat
(c) Luncheon meat and macaroni
(d) Mornay creamed with cheese
(e) Luncheonburger
(f) Vegetable luncheon loaf
(g) Macaroni luncheon loaf
(h) Swiss ham slices
(i) Creamed luncheon meat with peas (or lima beans)
(j) Rice meat loaf
(k) Luncheon stew
(l) Scalloped meat and potatoes
(m) Grilled luncheon meat
(n) Baked luncheon meat
(o) Meat loaf (ground luncheon meat combined with other meats)
(p) Pork meat balls with rice creole
(q) Meat balls
(r) Meat croquettes
(s) Spaghetti meat sauce

(6) *Meat and vegetable stew.*—

(a) Potpie with biscuit or mashed potato topping
(b) Vegetable soup
(c) Base for gravies and soup
(d) Stew

(7) *Pork sausage.*—

(a) Pigs in blankets
(b) Pork meat rolls with rice creole
(c) Baked with biscuit crust
(d) Pork sausage and beans
(e) Pork and rice casserole
(f) Pork sausage with Spanish rice
(g) Grilled sausage
(h) Meat loaf (added to other meats)
(i) Scalloped meat and potatoes
(j) With sweet potatoes and apples
(k) With egg and macaroni cutlets
(l) Pork sausage a la king
(m) Pork sausage escalloped with potatoes and onions

(8) *Salmon.*—

(a) Grilled salmon patties
(b) Salmon loaf
(c) Salmon sauce
(d) Croquettes with creamed cheese sauce
(e) Croquettes with creamed pea sauce
(f) Creamed on toast or hot biscuits
(g) Scalloped with rice, noodles, or macaroni
(h) Baked salmon in tomato cream sauce
(i) Baked salmon in yellow sauce

(9) *Turkey.*—

(a) Turkey creole
(b) Creole sauce
(c) Turkey fricassee
(d) Turkey a la king
(e) Stewed with dumplings
(f) Turkey potpie
(g) Turkey croquettes
(h) Creamed on toast
(i) Scalloped with rice or macaroni
(j) Baked with noodles
(k) Turkey salad

(10) *Vienna sausage.*—

(a) Boiled or baked with sauerkraut
(b) Vienna sausage with barbecue sauce

(c) Vienna sausage, potatoes, and tomatoes
(d) Vienna sausage and sweet potatoes
(e) Grilled (split)
(f) Pigs in blankets
(g) Baked with biscuit crust
(h) Stuffed with cheese
(i) Vienna sausage with Spanish rice
(j) Boiled with cabbage
(k) Cooked in mustard sauce
(l) With egg and macaroni cutlets
(m) Vienna sausage a la king
(n) Escalloped with potatoes and onions

(11) *Cheese.*—

(a) Baked macaroni and cheese
(b) Baked rice and cheese
(c) Spaghetti with cheese sauce
(d) Diced cheese and scrambled eggs
(e) Cheese omelet
(f) Tomato, cheese, and rice
(g) Croquettes
(h) Cheese, rice croquettes
(i) Spanish rice
(j) Cheeseburgers

(12) *Eggs.*—

(a) Egg and macaroni cutlet
(b) Scrambled eggs with Spanish sauce
(c) Scrambled eggs with diced cheese
(d) Scrambled eggs with milk
(e) Omelet

(13) *Macaroni and spaghetti.*—

(a) Boiled macaroni
(b) Macaroni au gratin
(c) Macaroni au gratin with corn and bacon
(d) Baked macaroni and cheese
(e) Macaroni with tomato and cheese
(f) Spaghetti with tomato sauce and meat balls
(g) Macaroni luncheon loaf
(h) Spaghetti with tomato cheese sauce

c. Vegetables.—

(1) *Beans (navy, lima, kidney).*—

(a) Simmered
(b) Baked
(c) Chili con carne

(2) *Beets.*—

(a) Buttered
(b) Harvard
(c) Sweet sour
(d) Pickled

(3) *Cabbage.*—

(a) Boiled and buttered
(b) Carrots au gratin
(c) Sweet sour
(d) Scalloped with cream sauce and bread crumbs
(e) Scalloped with cream sauce and cheese

(4) *Carrots.*—

(a) With cheese sauce
(b) Buttered
(c) In orange (or other fruit) sauce
(d) Creamed
(e) Glazed
(f) Carrot pie
(g) With peas
(h) Mashed

(5) *Corn.*—

(a) Succotash with lima beans
(b) Escalloped
(c) Buttered
(d) Corn au gratin
(e) Creamed
(f) Fried
(g) Pudding

(6) *Onions.*—

(a) Boiled
(b) Fried
(c) Creamed
(d) Scalloped with cheese and bread crumbs

(7) *Peas.*—
- *(a)* Buttered
- *(b)* Creamed
- *(c)* With carrots

(8) *Potatoes.*—
- *(a)* Mashed
- *(b)* Lyonnaise
- *(c)* Hashed brown
- *(d)* Creamed
- *(e)* Potatoes au gratin
- *(f)* Potato cake

(9) *Rice.*—
- *(a)* Spanish
- *(b)* Steamed
- *(c)* Fried
- *(d)* Pudding with pineapple or peaches or raisins

(10) *Sauerkraut.*—
- *(a)* Steamed
- *(b)* Fried
- *(c)* Baked

(11) *Sweet potatoes.*—
- *(a)* Baked with sugar and raisins
- *(b)* Mashed
- *(c)* Sweet potato pudding
- *(d)* Candied
- *(e)* Buttered
- *(f)* Sweet potato pie

(12) *String beans.*—
- *(a)* Buttered
- *(b)* Creamed
- *(c)* Pickled
- *(d)* String beans au gratin

(13) *Spinach.*—
- *(a)* Buttered
- *(b)* Creamed

f. Fruits.—
- (1) Fruit cocktail
- (2) Tomato juice
- (3) Pineapple juice
- (4) Stewed apricots

(5) Stewed prunes
(6) Stewed peaches
(7) Stewed tomatoes
(8) Scalloped tomatoes
(9) Tomato omelet

g. Salads.—
(1) Cole slaw
(2) Cabbage and carrot
(3) Cabbage and apple
(4) Cabbage and pineapple
(5) Apple and raisins
(6) Carrot and raisins
(7) Mixed vegetables (peas, string beans, carrots, onions)
(8) Pineapple and cheese
(9) Pineapple and peanut butter
(10) Pear and cheese
(11) Pickled beet and onion
(12) Mixed fruit
(13) Peas and cheese
(14) Salmon
(15) Chicken
(16) Potato
(17) Macaroni

h. Salad dressings.—
(1) Boiled salad dressing
(2) Mayonnaise
(3) Oilless mayonnaise
(4) Cole slaw dressing
(5) Sour cream dressing
(6) Cream salad dressing
(7) Peanut butter dressing

i. Sauces and gravies.—
(1) Bouillon cube gravy
(2) White sauce
(3) Spanish sauce
(4) Spaghetti meat sauce
(5) Meat and vegetable stew base
(6) Cheese sauce
(7) Mustard sauce
(8) Cream gravy
(9) Creole sauce

j. Breads.—

(1) White bread
(2) White raisin bread
(3) Plain rolls
(4) Parker House rolls
(5) Whole-wheat raisin bread
(6) Whole-wheat bread
(7) Rye bread
(8) Cinnamon rolls with raisins
(9) Coffee cake
(10) Doughnuts
(11) Baking powder biscuits
(12) Cheese biscuits
(13) Cinnamon biscuits
(14) Shortcake biscuits with peaches
(15) Plain muffins
(16) Raisin muffins
(17) Date muffins
(18) Bran muffins
(19) Peanut butter bread
(20) Corn bread

k. Desserts.—

(1) *Puddings and custards.*—
(a) Apple brown Betty
(b) Apricot Betty
(c) Apple crisp
(d) Baked custard
(e) Cornstarch pudding with peaches, pineapple, or raisins
(f) Rice pudding with peaches, pineapple, or raisins
(g) Bread and raisin pudding

(2) *Ice cream and fruits.*—
(a) Ice cream
(b) Applesauce
(c) Stewed apricots
(d) Glazed apricots
(e) Pineapple
(f) Cherries
(g) Peaches
(h) Fruit cocktail
(i) Pineapple fritters

(j) Apple fritters
(k) Prune pudding

(3) *Cakes and frostings.*—

(a) *Cakes.*—

1. Plain cake
2. Boston cream cake
3. Chocolate cream cake
4. Lemon cake
5. Maple cake
6. Orange cake
7. Raisin spice cake
8. Applesauce cake
9. Devils food cake
10. Upside down cake (apricot, peach, pineapple, cherry, or prune)
11. Spice cake
12. Jelly roll

(b) *Frostings.*—

1. Butter cream
2. Chocolate butter
3. Lemon butter
4. Mocha butter
5. Orange butter
6. Peanut butter
7. Peanut butter with marmalade
8. Jelly

(4) *Cookies.*—

(a) Sugar cookies
(b) Peanut cookies
(c) Raisin cookies
(d) Applesauce cookies
(e) Brownies
(f) Peanut butter cookies
(g) Oatmeal cookies
(h) Fruit bars
(i) Spice cookies

(5) *Pies and cobblers.*—

(a) Chocolate cream
(b) Vanilla cream
(c) Lemon
(d) Pineapple cream

(e) Custard
(f) Pumpkin
(g) Apple
(h) Apricot
(i) Cherry
(j) Peach
(k) Pineapple
(l) Mincemeat
(m) Carrot
(n) Prune
(o) Loganberry
(p) Sweet potato

(6) *Turnovers.*—
(a) Apple with cinnamon sauce
(b) Apple with cherry sauce
(c) Pineapple
(d) Prune

l. Beverages.—
(1) Reconstituted dried whole milk (for cereals, coffee, and drinking)
(2) Chocolate milk
(3) Coffee milk
(4) Eggnog
(5) Vanilla milk
(6) Cold milk with pineapple juice
(7) Lemonade
(8) Fruitade

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PART II

FISH COOKERY
and
REFERENCE MANUAL

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SECTION I

MARKETING OF FISHERY PRODUCTS

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MARKETING OF FISHERY PRODUCTS

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MARKETING OF FISHERY PRODUCTS

1. MARKET FORMS OF FISH.—*a. General.*—Fresh and frozen fishery products may be purchased in a variety of cuts or forms, the more important of which are whole or round fish; drawn, dressed, and pan-dressed fish; and steaks and fillets. A better and more economical product

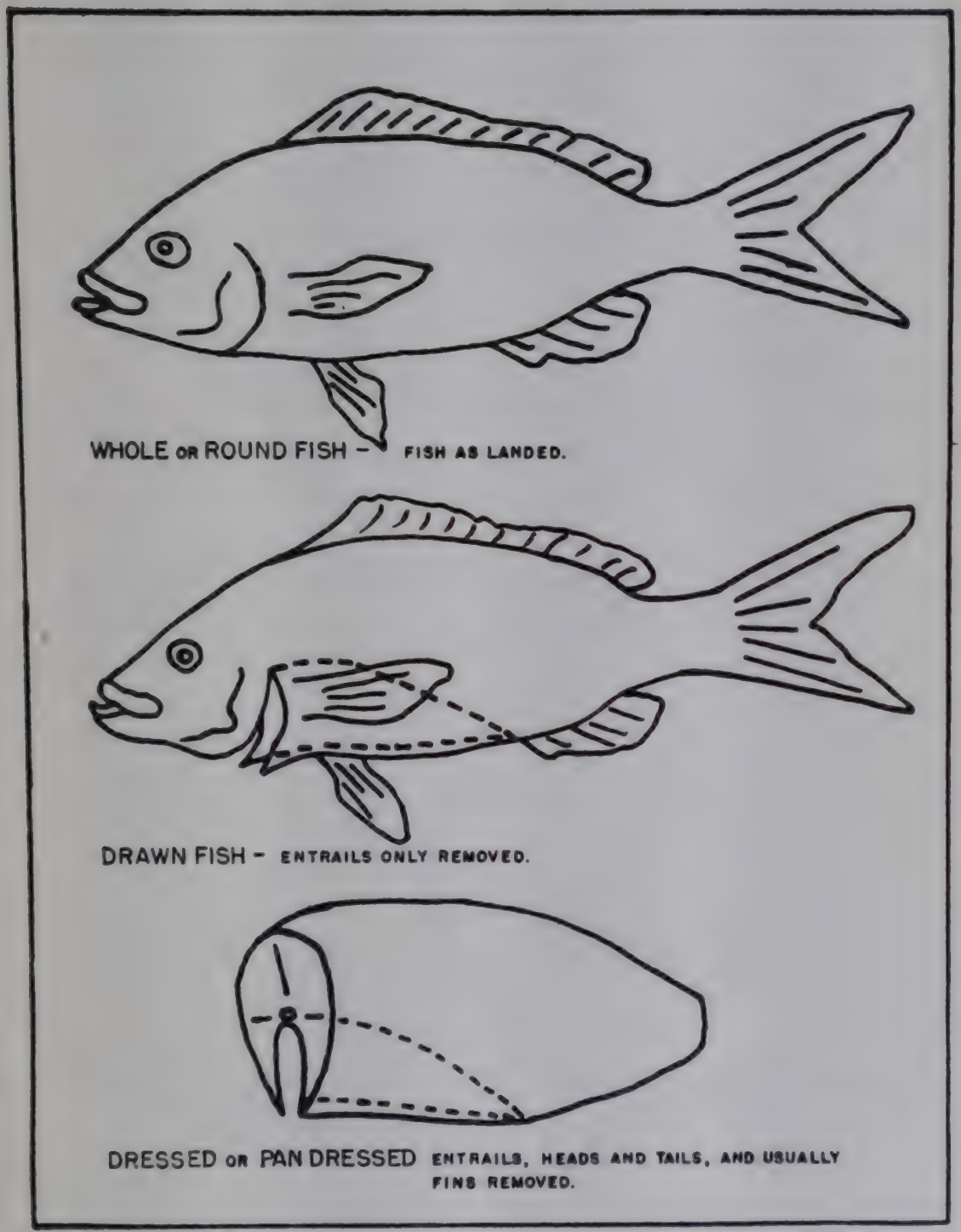
WHOLE OR ROUND FISH - FISH AS LANDED.
DRAWN FISH - ENTRAILS ONLY REMOVED.
DRESSED OR PAN DRESSED ENTRAILS, HEADS AND TAILS, AND USUALLY FINS REMOVED.

Figure 1.—Whole cuts of fish.

is generally assured if one of the usual commercial forms is requested. (See table I.)

b. Whole or round.—Whole or round fish are those marketed just as they come from the water. Before cooking, they must be scaled and eviscerated (which means that the entrails have been removed), and the heads must be removed. The fins may be removed, if desired, and the fish are either split or cut into serving-sized portions (except in the case of whole-baked fish). Some small fish frequently are cooked with only the entrails removed.

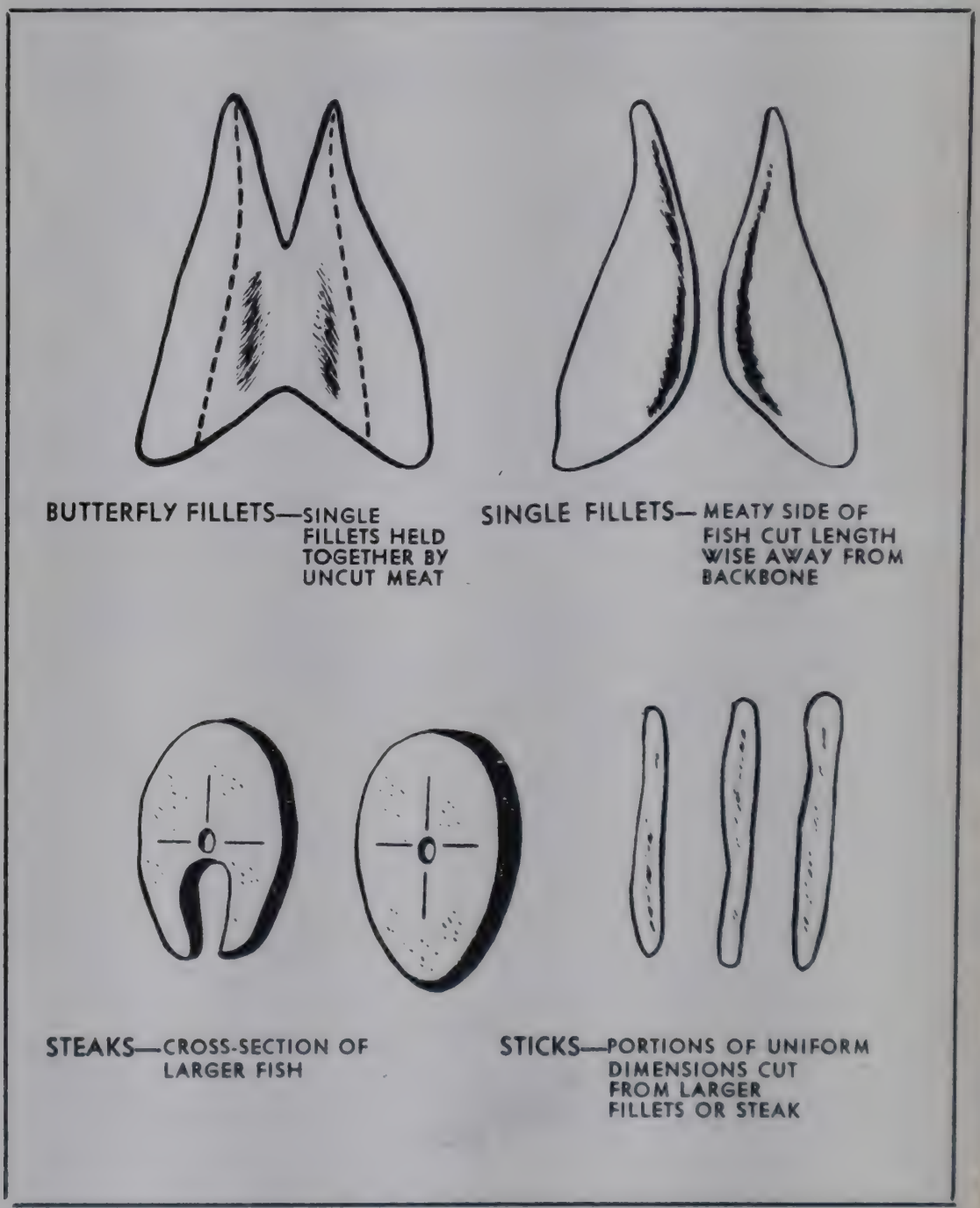
BUTTERFLY FILLETS—SINGLE FILLETS HELD TOGETHER BY UNCUT MEAT
SINGLE FILLETS—MEATY SIDE OF FISH CUT LENGTH WISE AWAY FROM BACKBONE
STEAKS—CROSS-SECTION OF LARGER FISH
STICKS—PORTIONS OF UNIFORM DIMENSIONS CUT FROM LARGER FILLETS OR STEAK

Figure 2.—Sectional cuts of fish.

c. Drawn.—Drawn fish are marketed with only the entrails removed. In preparation for cooking, they generally are scaled and the heads removed. The fins are removed, if desired, and the fish are split or cut into serving-sized portions. Small drawn fish, or larger sizes intended for baking, may be cooked in the form purchased.

d. Dressed.—Dressed fish are scaled and eviscerated, usually with the head, tail, and fins removed. The smaller sizes are ready for cooking as purchased (pan-dressed). The larger sizes may be baked whole but frequently are split into steaks or similar serving-sized portions.

e. Pan-dressed.—Small fish which have been eviscerated, usually with the head, tail, scales, and fins also removed, are said to be pan-dressed. They are ready for cooking without further preparation.

f. Steaks.—Cross sections of the larger sizes of dressed fish are called steaks. They are ready to cook as purchased, except for dividing the very largest into serving-sized portions. A cross section of the backbone is usually the only bone in a steak.

g. Fillets.—The meaty sides of fish, cut lengthwise away from the backbone, are called fillets. They are practically boneless and require no preparation for cooking. Sometimes the skin, with scales removed, is left on one side of the fillet. Federal Specifications permit a range in the weight of the fillets of from 3 to 24 ounces for most species, with a minimum of 1⅓ ounces for the smaller varieties.

(1) *Single fillets* are the single sides of the fish. This is the type usually marketed.

(2) *Butterfly fillets* are the unseparated sides of the fish and consist of two single fillets held together by uncut meat.

(3) *Sticks* are pieces of meat cut crosswise or lengthwise from fillets into portions of the same length and thickness. Sticks may also be cut from steaks.

2. MARKET FORMS OF SHELLFISH.—Shellfish are commonly marketed in four forms: live, shucked, headless, and cooked meat.

a. Live.—Shellfish, such as crabs, lobsters, clams, and oysters, if purchased fresh, should be alive.

b. Shucked.—Shucked shellfish have been removed from their shells. Oysters, clams, and scallops are marketed in this manner.

c. Headless.—This term applies to shrimp, which are marketed in most areas with the head and thorax removed.

d. Cooked meat.—The edible portion of shellfish may be cooked before sale. Crab meat, shrimp, and lobster meat are marketed in this way, ready to eat.

TABLE I

THE PRINCIPAL KINDS OF FISH, THEIR PRODUCING AREAS, CHARACTERISTICS, MARKET IDENTITIES, AND RECOMMENDED COOKING METHODS

Species†	Producing Area	Fat Content	Weight (pounds)	Calories per Pound	Usual Market Forms	Methods of Cooking
SALT WATER						
Bluefish	Atlantic, Gulf	Lean	1 to 7	530	Round, drawn	Broil, bake,* fry
Blue Runner	Florida	Lean	½ to ¾	440	Drawn	Broil,* bake, fry
Cod	North and Middle Atlantic, Pacific	Lean	3 to 10	310	Drawn, dressed, steaks, fillets	Broil,* bake, boil, chowder
Croaker	Atlantic, Gulf	Lean	½ to 1½	410	Round, pan-dressed, fillets	Broil, bake, boil, fry,* chowder
Flounder	Atlantic, Gulf, Pacific	Lean	½ to 15	300	Round, dressed, pan-dressed, steaks, fillets	Broil, bake, boil, fry,* chowder
Grouper	Gulf, South Atlantic	Lean	5 to 15	380	Drawn, dressed, steaks, fillets	Broil, bake,* boil, chowder
Haddock	North and Middle Atlantic	Lean	3 to 6	320	Drawn, fillets	Broil,* bake, boil, chowder
Hake	North and Middle Atlantic	Lean	3 to 4	340	Drawn, dressed, fillets	Bake,* boil, chowder
Halibut	North Atlantic, North Pacific	Fat	10 to 75	550	Dressed, steaks	Broil,* bake, boil, chowder
Ling Cod	Pacific	Lean	5 to 20	350	Dressed, fillets	Broil,* bake, boil
Mackerel	Atlantic, Gulf	Fat	½ to 20	900	Round, drawn, dressed, steaks, fillets	Broil,* bake
Mullet	Gulf, South Atlantic	Fat	½ to 5	530	Round, fillets	Broil,* bake, boil, chowder
Pollock	North and Middle Atlantic	Lean	12	420	Drawn, dressed, steaks, fillets	Broil, bake, boil,* chowder
Red Snapper	Gulf, South Atlantic	Lean	2 to 15	390	Drawn, dressed, steaks, fillets	Broil, bake,* boil
Rockfish	Pacific	Lean	2 to 5	370	Dressed, fillets	Broil,* bake
Rosefish	North Atlantic	Lean	¼	450	Fillets	Broil,* bake, fry
Sablefish	Pacific	Fat	5 to 15	900	Dressed, fillets	Broil, bake,* boil
Salmon	North Atlantic, North Pacific	Fat	3 to 30	900	Drawn, dressed, steaks, fillets	Broil,* bake,* boil
Sea Bass	Atlantic	Lean	¼ to 4	400	Round, pan-dressed, fillets	Broil,* bake, fry
Sea Trout	Atlantic, Gulf	Lean	1 to 10	450	Round, drawn, pan-dressed, fillets	Broil,* bake, fry, chowder
Shad	Atlantic, Pacific	Fat	1½ to 5	740	Round, drawn	Broil, bake*
Striped Bass	Atlantic	Lean	2 to 15	450	Round, fillets	Broil, bake, fry*
Swordfish	North and Middle Atlantic, South Pacific	Lean	200 to 300	520	Dressed, steaks, fillets	Broil,* bake
Whiting	North and Middle Atlantic	Lean	½ to 1½	340	Round, drawn, dressed, pan-dressed, fillets	Broil, bake, fry*
FRESH WATER						
Blue Pike	Great Lakes	Lean	¾ to 1	360	Round, dressed	Boil, fry,* chowder
Catfish	All Coasts, Great Lakes, Mississippi	Fat	1 to 40		Round, fillets	Broil, bake, fry*
Lake Herring	Great Lakes	Fat	⅓ to 1	610	Round, drawn, fillets	Broil, bake, fry*
Lake Trout	Great Lakes	Fat	1½ to 10	740	Drawn, dressed, fillets	Broil, bake,* boil, fry
Sheepshead	Great Lakes, Mississippi	Lean	1½ to 8	440	Round, fillets	Broil,* bake, boil
Smelt	Great Lakes	Lean	1/10 to 1/20	390	Round	Broil, bake, fry*
Whitefish	Great Lakes	Fat	1½ to 6	680	Round, drawn, dressed, fillets	Broil, bake,* fry
Yellow Perch	Great Lakes	Lean	½	370	Round, fillets	Broil, bake, fry*
Yellow Pike	Great Lakes	Lean	1½ to 10	360	Round, dressed, fillets	Broil, bake, fry*
SHELLFISH						
Clams	Atlantic, Pacific	Lean		850	In the shell, shucked	Broil, bake, boil, fry, chowder*
Crabs	Atlantic, Gulf, Pacific	Lean		370	Live, cooked meat	Broil, bake, boil,* fry
Lobsters	North and Middle Atlantic	Lean	1 to 4	380	Live, cooked meat	Broil, bake, boil,* chowder
Oysters	Atlantic, Gulf, Pacific	Lean		360	In the shell, shucked	Broil, bake, boil, fry,* chowder
Scallops	North and Middle Atlantic	Lean		330	Mussels	Broil, bake, boil, fry,* chowder
Shrimp	Gulf, Pacific, South Atlantic	Lean		370	Headless, cooked meat	Broil, bake, boil,* fry, chowder

* Best method of cooking.

† Since there are hundreds of species of edible fish, only the common ones are listed here.

SECTION II

PURCHASE AND PREPARATION OF FISH

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PURCHASE AND PREPARATION OF FISH

3. PURCHASING FRESH AND FROZEN FISH.—*a. General.*—Most varieties of fish, like many other types of food products, are particularly abundant during one season of the year. However, in recent years a considerable trade has developed in frozen fishery products, so that most varieties are now available out of season. Local fish dealers will gladly furnish information concerning seasonal offerings and indicate those varieties that can be used to best advantage, including the less familiar varieties which are oftentimes very good. If it is desired to save time in preparation and cooking, fish should be purchased as fillets, steaks, or dressed.

b. Desirable characteristics.—In buying fish in the round, the following points should be observed to insure freshness:

(1) Eyes: bright, clear, full, and bulging.

(2) Gills: reddish-pink, free from slime.

(3) Scales: adhering tightly to the skin, bright-colored with characteristic sheen.

(4) Flesh: firm and elastic, springing back when pressed, not separating from the bones.

(5) Odor: fresh, free from objectionable odors.

c. Quantity to serve.—Servings of fish are generally based on portions of one-third to one-half pound of the edible part per person. When serving steaks, fillets, or sticks, use one-third pound per person or 30 pounds per hundred people; one-half pound of dressed fish per person or 45 pounds per hundred; and when serving fish in the round or whole, 1 pound per person or 90 pounds per hundred persons.

4. DEFROSTING FROZEN FISH.—*a.* Dressed frozen fish, fillets, and steaks may be cooked as if they were in the unfrozen form; however, additional cooking time should be allowed. When fish are to be breaded and fried, or stuffed, it is more convenient to thaw them first to permit easier handling. Defrosting will facilitate the cleaning and dressing of whole or drawn fish. Frozen fish should not be thawed until ready for use. Thawed fish should not be refrozen for later use.

b. Defrosting at refrigerator temperatures (40° to 45° F.) has become the accepted practice. The fish should be held at this temperature only long enough to permit ease in preparation. Whole or drawn fish may be defrosted more readily by immersing them in cold running water. Defrosting at room temperature, although sometimes practiced, is not recommended, since it allows a considerable amount of drip. In this process thinner portions of the fish, such as the sections near the tail, thaw out more readily and become subject to spoilage during the defrosting period.

Whole and drawn fish may be defrosted by being embedded in crushed ice; however, this procedure is somewhat slow and expensive.

5. CLEANING AND DRESSING FISH.—*a. General.*—Today the mess officer can obtain almost any kind of fish—fresh or frozen—already cleaned and dressed. Therefore, it rarely will be necessary to clean and prepare fish for cooking. Since freshly caught fish may be available at times, the information that follows should be useful.

b. Cleaning.—With one hand hold the fish firmly near the base of the tail (fig. 3). Holding a knife almost vertically with the other hand, scrape off the scales, working from the tail toward the head. A scaler may be used instead of a knife. Since scales are more easily removed from a wet fish, it is advisable to soak the fish in water for a few minutes before scaling. Take care to remove all scales near the base of the fins and head. Next, cut a slit in the belly, from head to tail, and remove the viscera. Cut around the pelvic fins (fig. 4) and remove them. Cut off the tail, and then cut off the head, including the pectoral fins. Cut into the flesh at each side of the dorsal or large back fin. Then, giving a quick pull forward toward the head of the fish, remove the fin with the small root bones attached. In the same manner, remove the anal or ventral fin, first cutting the flesh around the fin. Never trim off the fins with shears or a knife. Wash the fish in cold running water, removing blood, any remaining viscera, and membranes. The fish is now dressed or pan-dressed, depending on its size, and is ready for cooking. Large fish may be cut crosswise into steaks. Bones, skin, and trimmings may be cooked down to make a stock in which to cook the fish, or they may be used as a base for sauces or soup.

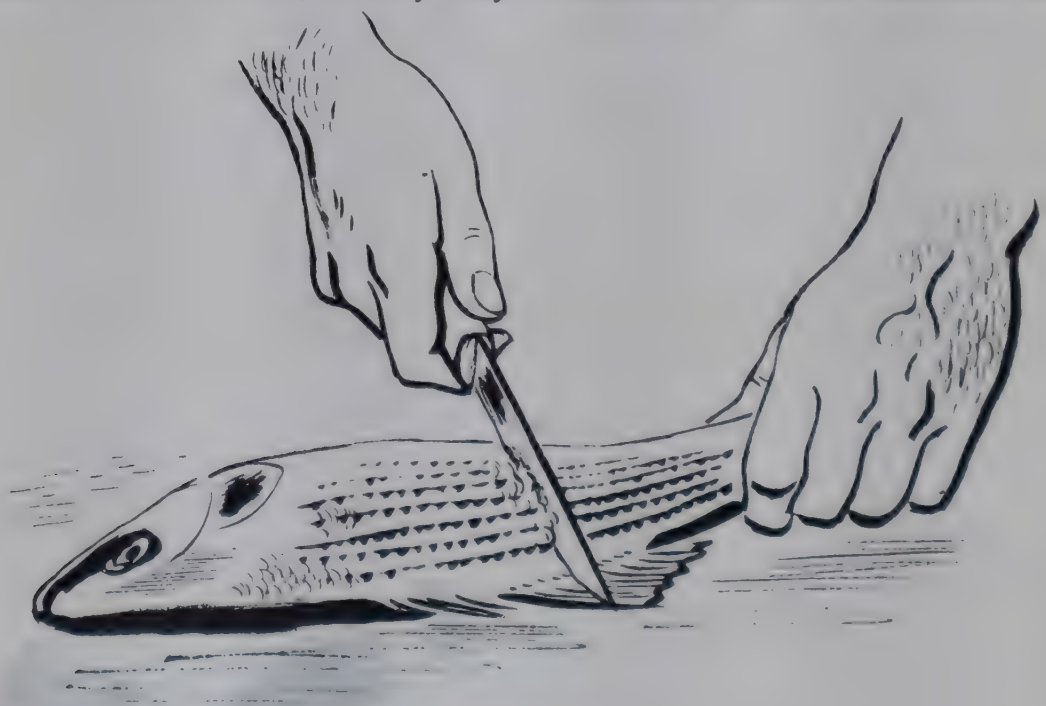

Figure 3.—Scaling fish.

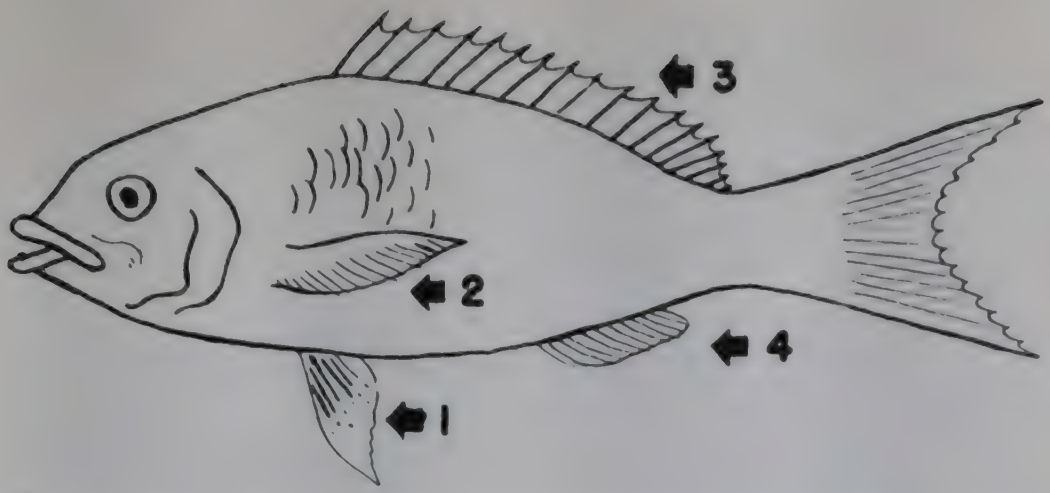

Figure 4.—Fish Fins: (1) pelvic (2) pectoral (3) dorsal (4) anal or ventral.

c. Filleting.—The fish to be filleted may be cleaned beforehand if desired. With a sharp knife, cut down through the flesh just behind the head. Turning the knife flat when it reaches the backbone, cut the flesh from the backbone, slicing toward the tail. Lift off the entire side of the fish in one piece. Turn the fish over, and cut the flesh from the other side in a similar manner.

Figure 5.—Filleting a fish.

d. Skinning.—To remove the skin from a fillet, lay the fillet flat on a table with the skin side down, loosen the skin from the flesh at the tail end, and holding the knife flat against the skin, push it forward, at the same time holding the skin and fleshy part tight against the knife. The fish need not be scaled first.

Figure 6.—Skinning a fish.

e. Breading fillets.—As described in paragraph 6, *a,* prepare mixture; dip each fillet in mixture and then in bread crumbs; and place in a single layer in well-greased pan. See figures 7, 8, and 9.

Figure 7.—Mixing egg, milk, and seasonings.

Figure 8.—Rolling fish in bread crumbs.

6. RECIPES FOR FISH.—

a. DEEP-FAT FRIED FISH.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Fish, fillets or steaks	30 pounds	
Salt	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Eggs	1½ dozen	
Milk	1 pint	½ No. 56 dipper
Dry bread crumbs	2 pounds	2 No. 56 dippers

1. Cut fish into serving-sized portions.
2. Dip fish in mixture of egg, milk, salt, and pepper.
3. Roll fish in bread crumbs.
4. Fry in deep fat heated to 375° F. (a temperature at which a piece of day-old bread will brown in 60 seconds) for 4 to 6 minutes, or until brown.
5. Drain on absorbent paper.
6. Serve immediately with a sauce.

Note: Fish may be pan-fried by following directions for sauté fish.

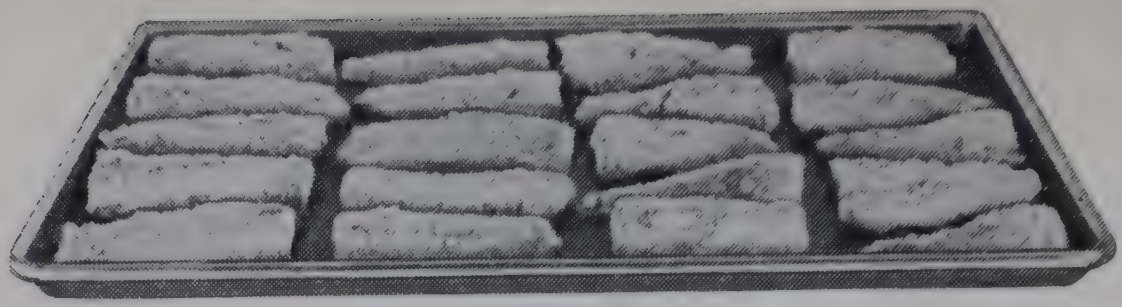

Figure 9.—Breaded fillets ready to cook.

b. SAUTÉ FISH.

100 Servings

Portion: approximately 5 ounces

Ingredients	Weights	Measures
Fish, fillets or steaks	30 pounds	
Salt	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Flour	1 pound	¾ No. 56 dipper
Corn meal or bread crumbs	21 ounces	1 No. 56 dipper

1. Cut fish into serving-sized portions.
2. Sprinkle with salt and pepper.
3. Dip into mixture of flour and corn meal.
4. Heat fat over slow fire in a heavy metal pan. At first sign of smoking, place fish in pan.
5. Fry fish 3 to 4 minutes, turn and fry until evenly browned. Allow about 10 minutes for cooking, depending on thickness of fish.
6. Drain on absorbent paper.
7. Serve immediately with a sauce.

Note: Fish may be deep-fat fried by following directions for fried fish.

Figure 10.—Saute fillets.

c. BAKED FILLETS.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Fish, fillets or steaks	30 pounds	
Salt	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Butter or other fat	2 pounds	1 No. 56 dipper
Lemon juice	1 pint	½ No. 56 dipper
Onions, chopped	½ pound	½ No. 56 dipper

1. Cut fish into serving-sized portions.
2. Combine melted fat, lemon juice, onion, salt, and pepper.
3. Dip each piece of fish into the above mixture.
4. Place fillets in a greased, shallow baking pan and pour the rest of the fat over them.
5. Bake in a moderate oven (375° F.) for about 30 minutes, or until brown.
6. With a pancake turner, place fish on a hot serving dish and sprinkle with chopped parsley. Serve immediately.

d. BREADED BAKED FILLETS.

100 Servings
Portion: approximately 5½ ounces

Ingredients	Weights	Measures
Fish fillets	30 pounds	
Pepper	¼ ounce	1 mess kit spoon
Salt	2½ ounces	5 mess kit spoons
Eggs, well beaten	1½ dozen	
Lemon juice	4 ounces	8 mess kit spoons
Bread crumbs	2 pounds	2 No. 56 dippers
Bacon (thin slices)	1½ pounds	

1. Cut fillets into individual servings.
2. Add salt, pepper, and lemon juice to eggs, and mix.
3. Dip fillets in egg mixture and then in bread crumbs.
4. Place in a single layer in baking pan which has been well greased.
5. Place one-half strip of bacon on top of each fillet.
6. Bake in a moderate oven (375° F.) for 30 minutes, or until tender and browned.

e. STUFFED BAKED FILLETS.

100 Servings
Portion: approximately 6½ ounces

Ingredients	Weights	Measures
Fish fillets	30 pounds	
Salt	2 ounces	4 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Bacon, sliced	1 pound	
Bread stuffing	12 pounds	

1. Remove skin, and cut fillets into serving-sized portions.
2. Spread stuffing about 1 inch deep in well-greased baking pan.
3. Place fillets on top of dressing and sprinkle with salt and pepper.
4. Place one-third strip of bacon on each fillet.
5. Bake at 375° F. for 30 minutes.
6. Serve with a sauce.

f. STUFFING FISH BIRDS.

As described (paragraph 6, g), stuff, roll, and tie with string or fasten with toothpicks. See figures 11, 12, 13, and 14.

Figure 11.—Making stuffing.

Figure 12.—Stuffing fillet.

Figure 13.—Fastening fish bird.

1. BAKED WHOLE FISH.

100 Servings
Portion: approximately 7 ounces

Ingredients	Weights	Measures
Fish, dressed	45 pounds	
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Bacon, sliced	1 pound	

1. Wash fish thoroughly.
2. Rub inside and out with salt and pepper.
3. Place fish in greased baking pan.
4. Lay two slices of bacon on top of each fish.
5. Bake in a moderate oven (375° F.) for about 1 hour, or until fish are flaky when tested with a fork.
6. The fish is tastier if basted several times during baking with a small amount of hot water and butter. Use 1 quart of hot water (1 No. 56 dipper) and one-fourth pound (8 mess kit spoons) of butter or other fat.
7. Serve with a sauce.

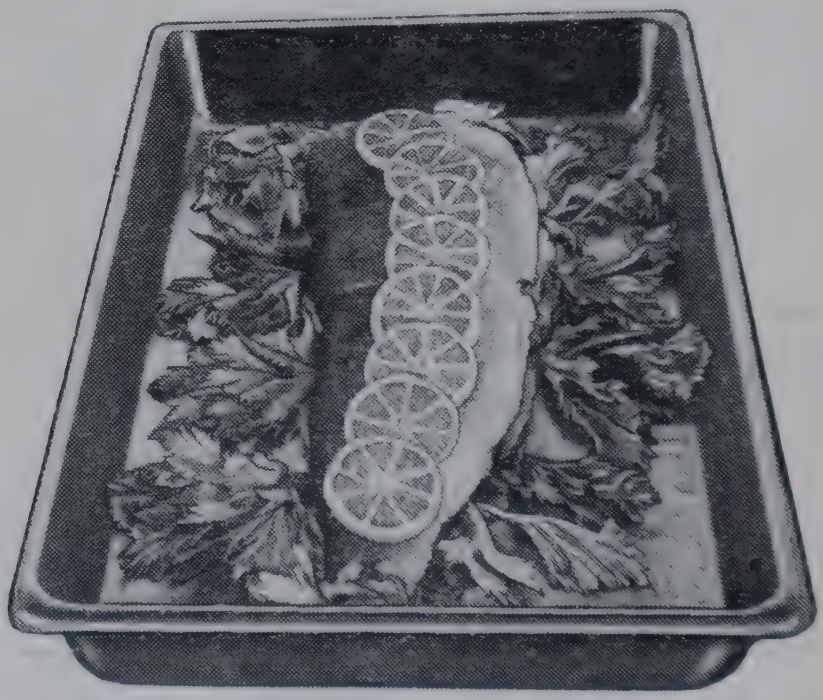

Figure 16.—Baked whole fish.

1. BAKED WHOLE FISH WITH STUFFING.

100 Servings

Portion: approximately 8 ounces

Ingredients	Weights	Measures
Fish, dressed	45 pounds	
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Bacon, sliced	1 pound	
Bread stuffing	6 pounds	

1. Wash fish thoroughly. Wipe with a clean cloth.
2. Rub inside and out with salt and pepper.
3. Stuff with bread stuffing, and close the opening with skewers or string.
4. Place fish on a greased baking pan.
5. Lay two slices of bacon on top of each fish.
6. Bake in a moderate oven (375° F.) for 1 hour or until fish are flaky when tested with a fork.
7. The fish is tastier if basted several times during baking with a small amount of hot water and butter. Use 1 quart (1 No. 56 dipper) hot water and one-fourth pound (8 mess kit spoons) butter or other fat.
8. Serve with a sauce.

Figure 17.—Baked whole fish with stuffing.

k. BROILED FISH.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Fish, fillets or steaks	30 pounds	
Salad oil	1 pint	½ No. 56 dipper
Salt	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Parsley	3 ounces	¼ No. 56 dipper

1. Cut fish into serving-sized portions.
2. Combine oil, seasonings, and flavorings, and dip each piece of fish in the mixture.
3. Place on preheated broiler pan about 2 inches from flame. If skin is left on fish, fish should be placed on pan skin side down.
4. Broil for about 15 minutes, until fish is browned; baste while cooking.
5. Serve with a sauce.

l. TUNA FISH AND NOODLE CASSEROLE.

100 Servings
Portion: approximately 10 ounces

Ingredients	Weights	Measures
Tuna fish	24 13-ounce cans	
Noodles	6 pounds	
Oil drained from tuna	1½ quarts	1½ No. 56 dippers
Flour	1½ pounds	1¼ No. 56 dippers
Milk	3 gallons	12 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Green pepper, chopped	8 ounces	½ No. 56 dipper
Onions, chopped	8 ounces	½ No. 56 dipper

1. Drain tuna, reserve oil.
2. Cook noodles in salted boiling water; boil for 10 to 15 minutes, or until tender, and drain.
3. Make a white sauce by mixing tuna oil and flour; then add milk and salt, and cook until slightly thick.
4. Cook the green pepper and onions in a small amount of salted water, and add to white sauce.
5. Arrange noodles and tuna fish in layers in buttered baking pan.
6. Pour the white sauce over this, and top with grated cheese.
7. Bake in a moderate oven (375° F.) for about 30 minutes.

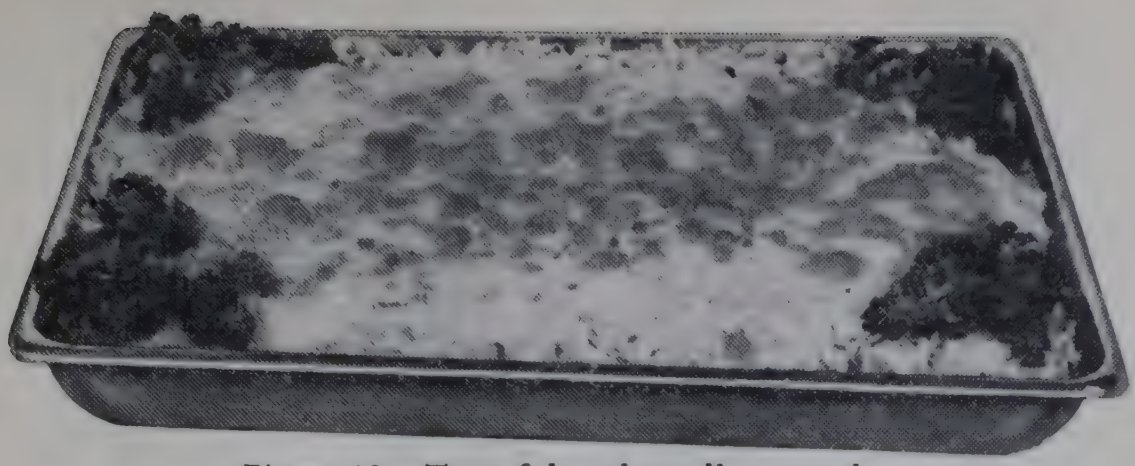

Figure 18.—Tuna fish and noodle casserole.

m. TUNA A LA KING.

100 Servings

Portion: approximately 7½ ounces

Ingredients	Weights	Measures
Tuna fish	24 13-ounce cans	
Oil drained from tuna	1½ quarts	1½ No. 56 dippers
Flour	1½ pounds	1¼ No. 56 dippers
Milk	3 gallons	12 No. 56 dippers
Eggs, beaten	1½ dozen	¾ No. 56 dipper
Green pepper	¾ pound	¾ No. 56 dipper
Celery	¾ pound	¾ No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Paprika	½ ounce	2 mess kit spoons

1. Drain tuna and flake.
2. Make a white sauce by mixing tuna oil and flour; add milk and cook until slightly thick.
3. Cook celery and green pepper in salted water until tender.
4. Add beaten eggs to white sauce.
5. Add remaining ingredients to white sauce, and serve immediately on toast or biscuits.

n. TUNA FISH SALAD.

100 Servings

Portion: approximately 5 ounces

Ingredients	Weights	Measures
Tuna fish	24 13-ounce cans	
Eggs, hard-boiled	2½ dozen	2½ No. 56 dippers
Celery, diced	5 pounds	5 No. 56 dippers
Sweet pickles, diced	2 pounds	1½ No. 56 dippers
Mayonnaise or salad dressing	3 pounds	1½ No. 56 dippers

1. Break drained tuna into flakes (not too small).
2. Combine tuna, diced eggs, celery, pickles, and mayonnaise, and mix well.
3. Garnish with lettuce and sliced eggs.

Note: One No. 10 can of peas may be substituted for half of the celery. Salmon or other fish flakes may be used in place of tuna.

o. SALMON LOAF.

100 Servings

Portion: approximately 6 ounces

Ingredients	Weights	Measures
Salmon	24 1-pound cans	
Celery, diced	1 pound	1 No. 56 dipper
Onions, diced	1 pound	1 No. 56 dipper
Butter or other fat	1 pound	½ No. 56 dipper
Milk and salmon liquor	2 quarts	2 No. 56 dippers
Bread crumbs	4 pounds	4 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Tabasco sauce (optional)		2 mess kit spoons
Lemon juice	1 pint	½ No. 56 dipper
Eggs, beaten	2 dozen	1 No. 56 dipper

1. Drain salmon, reserve liquor, remove bones and skin, and flake.
2. Fry celery and onions in melted fat till tender but not brown.
3. Combine salmon, bread crumbs, celery, onions, seasoning, beaten eggs, and salmon liquor with enough milk to make 2 quarts. Mix well.
4. Shape into loaves and place in well-greased pans.
5. Bake in moderate oven (350° F.) for about 1 hour, or until slightly brown.
6. Serve with a sauce.

p. SALMON CROQUETTES.

100 Servings

Portion: two croquettes or approximately 6½ ounces

Ingredients	Weights	Measures
Salmon	24 1-pound cans	
Butter or other fat	2 pounds	1 No. 56 dipper
Onions, chopped fine	1 pound	1 No. 56 dipper
Flour	1 pound	¾ No. 56 dipper
Milk and salmon liquor	4 quarts	4 No. 56 dippers
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Parsley	1 ounce	4 mess kit spoons
Bread crumbs, dry	4 pounds	4 No. 56 dippers
Eggs, beaten	2 dozen	1 No. 56 dipper

1. Drain salmon, reserve liquor, remove bones and skin, and flake.
2. Fry the onions in fat until tender but not brown.
3. Add flour to the above mixture.
4. Add the salmon liquor and enough milk to make 4 quarts, and cook until thick.
5. Add the salmon, seasonings, and bread crumbs; mix in the beaten eggs.
6. Cool in a shallow pan.
7. When mixture is cold, shape into croquettes. Dip in egg and milk mixture (12 eggs and ½ pint milk) and roll in bread crumbs (2 No. 56 dippers).
8. Fry in deep fat heated to 375° F. (a temperature at which day-old bread will brown in 60 seconds) for 4 to 5 minutes, or until brown.
9. Drain on paper.
10. Serve immediately with a sauce.

Note: Tuna fish, or other canned or left-over fish, may be used instead of salmon.

q. SALMON CAKES.

100 Servings

Portion: two cakes or approximately 7 ounces

Ingredients	Weights	Measures
Salmon	20 1-pound cans	
Potatoes, mashed	20 pounds	10 No. 56 dippers
Eggs, beaten	1¼ dozen	¾ No. 56 dipper
Bread crumbs	2¾ pounds	2¾ No. 56 dippers
Salt	3 ounces	6 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Flour	1 pound	¾ No. 56 dipper

1. Remove skin and bones from salmon, and flake.
2. Combine salmon, potatoes, eggs, crumbs, and seasonings.
3. Shape into cakes; roll in flour.
4. Fry in fat until brown, and serve with a tomato sauce.

Note: Salmon mixture may be rolled into balls and fried in deep fat heated to 375° F. for 4 to 6 minutes, or until brown.

r. CREAMED CODFISH.

100 Servings
Portion: approximately 5½ ounces or ¾ cup

Ingredients	Weights	Measures
Codfish	16 1-pound cans	
Milk, scalded	2 gallons	8 No. 56 dippers
Butter or other fat	2 pounds	1 No. 56 dipper
Flour	20 ounces	1 No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Toast		

1. Melt fat, add flour, and gradually add scalded milk, stirring constantly. Cook until smooth and thick.
2. Add codfish and seasoning, and serve on hot toast.

s. CODFISH CAKES.

100 Servings
Portion: approximately 5½ ounces or two cakes

Ingredients	Weights	Measures
Codfish	16 1-pound cans	
Potatoes, mashed	16 pounds	8 No. 56 dippers
Eggs, beaten	1¼ dozen	¾ No. 56 dipper
Salt		To taste
Pepper	¼ ounce	1 mess kit spoon
Flour	15 ounces	¾ No. 56 dipper

1. Mix codfish, potatoes, beaten eggs, and seasonings.
2. Form into cakes; roll in flour.
3. Fry until golden brown.

Note: Codfish mixture may be rolled into balls and fried in deep fat heated to 375° F. for 4 to 6 minutes, or until brown.

Figure 19.—Codfish balls.

SECTION III

PURCHASE AND PREPARATION OF SHELLFISH

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7. PURCHASING OYSTERS.—Oysters may be purchased in three forms: live in the shell, shucked, and canned.

a. Shell oysters.—Oysters in the shell are generally sold by the bushel and must be alive when purchased. When they are fresh, they have tightly closed shells. Gaping shells indicate that the oysters are dead, and therefore no longer usable.

b. Shucked oysters.—Oysters that have been removed from the shell are usually packaged in gallon-sized containers.

(1) The Eastern oysters are generally packed in the following grades, in accordance with current Federal Specifications:

Grade	*Oysters per gallon*
A	150 to 200
B	200 to 250
C	250 to 300

(2) The commercial designations are not so definitely fixed, but are approximately as follows:

Grade	*Oysters per gallon*
Counts	150 to 200
Extra Selects	200 to 225
Selects	225 to 300
Standards	300 and over
Unsorted	Straight run stock

(3) Unfrozen shucked oysters are packed in metal cans, which should be refrigerated or surrounded by ice. The oysters should not be permitted to freeze. When properly handled, they will stay fresh for a comparatively long time. In recent years, shucked oysters have also been quick-frozen, a process which makes them available the year round.

c. Canned oysters.—Canned oysters are usually sold in No. 1 Picnic cans containing 7½ ounces, drained weight of oysters weighing less than half an ounce apiece, or 5 ounces of the larger, heavier varieties.

d. Quantity to purchase.—In providing oysters for a hundred persons, purchase either 3 gallons of shucked oysters, 2½ bushels in the shell, or 30 No. 1 cans.

8. CLEANING OYSTERS.—*a. Shucking.*—Wash and rinse the oysters thoroughly in cold water. Open or shuck the oysters by holding them flat on the table with the left hand. With the right hand force a

knife between the shells at or near the thin end. To make it easier to insert the knife, the thin end or "bills" may be broken off with a hammer —a method preferred by some cooks. Now cut the large adductor muscle close to the shell to which it is attached, and remove the shell. Cut the other end of the same muscle, which is attached to the opposite shell, and drop the oyster meat into a container, or leave it loose in the shell if it is to be served on the half shell.

b. Cleaning.—After shucking, wash oysters and examine them for bits of shell, paying particular attention to the muscle, to which pieces of shell sometimes adhere.

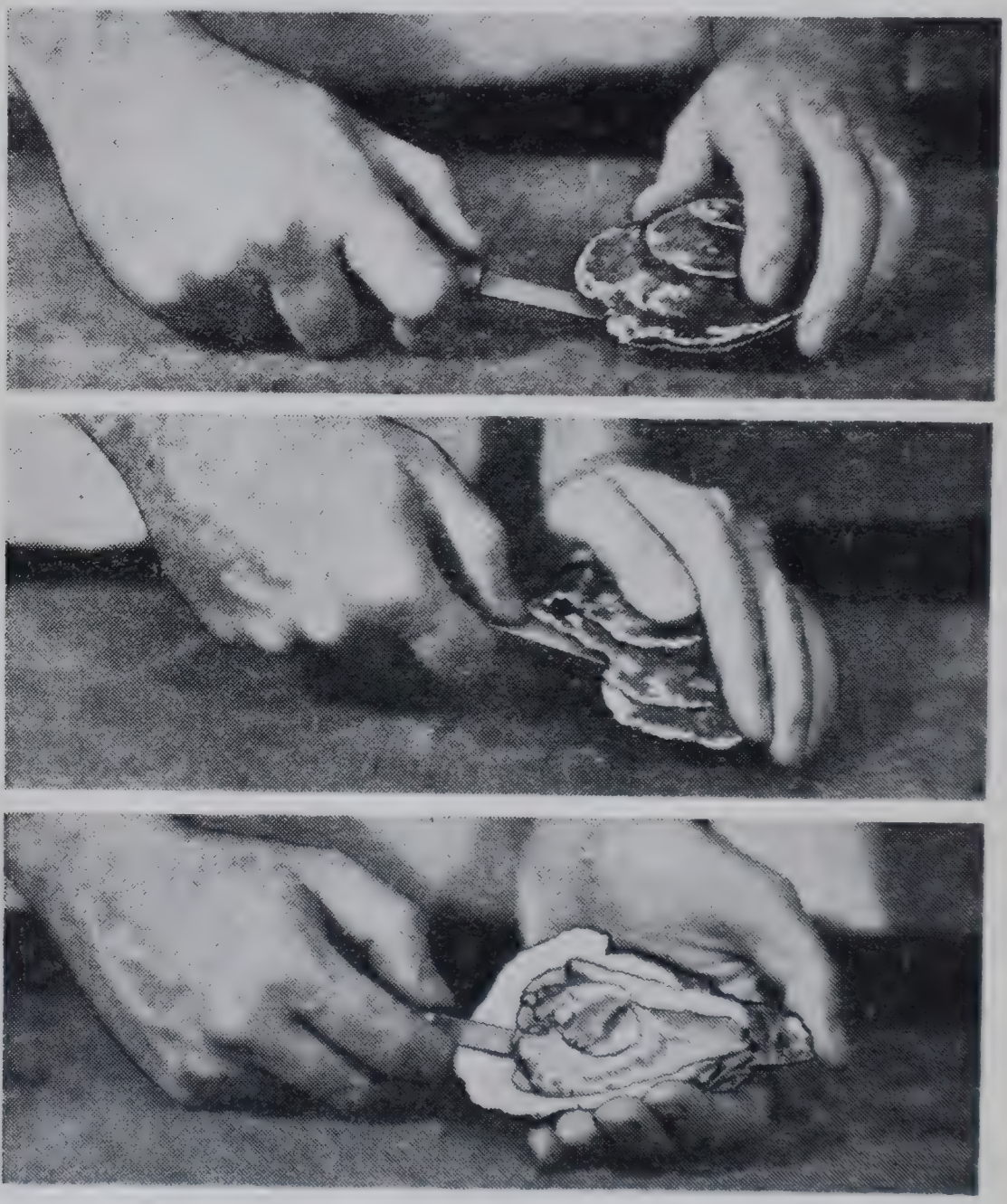

Figure 20.—Shucking oysters.

9. RECIPES FOR OYSTERS.—

a. OYSTER COCKTAIL.

100 Servings

Portion: approximately six oysters

Ingredients	Weights	Measures
Oysters, raw	2 gallons	
Catsup	2 quarts	2 No. 56 dippers
Vinegar or lemon juice	1 pint	½ No. 56 dipper
Celery, finely chopped	1 pound	1 No. 56 dipper
Horseradish, grated	½ pint	¼ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Tabasco sauce		1 mess kit spoon
Lettuce		

1. Drain the oysters, and remove all pieces of shell.
2. Chill and place in a lettuce cup.
3. Make sauce by mixing remaining ingredients together.
4. Serve sauce with cocktail.

b. FRIED OYSTERS.

100 Servings

Portion: six to eight oysters

Ingredients	Weights	Measures
Oysters, Selects	3 gallons	
Salt	2 ounces	4 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Eggs	2 dozen	
Milk	1 pint	½ No. 56 dipper
Bread crumbs, dry	4 pounds	4 No. 56 dippers

1. Mix together salt, pepper, eggs, and milk.
2. Dip oysters into egg-and-milk mixture and roll in bread crumbs.
3. Fry in hot fat at 375° F. (a temperature at which a piece of day-old bread will brown in 60 seconds).
4. Drain on paper and serve immediately.
5. Serve with a fish sauce or catsup.

c. SCALLOPED OYSTERS.

100 Servings
Portion: approximately 6 ounces

Ingredients	Weights	Measures
Bread crumbs	6 pounds	6 No. 56 dippers
Butter or other fat	2 pounds	1 No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Paprika		⅓ mess kit spoon
Pepper		⅓ mess kit spoon
Oysters	3 gallons	
Milk and oyster liquor	1 gallon	4 No. 56 dippers

1. Mix crumbs, melted fat, salt, pepper, and paprika together.
2. Drain the oysters, and remove any pieces of shell. Save liquor.
3. Spread a third of the crumb mixture over the bottom of an oiled baking pan. Cover with half of the oysters; repeat with another third of the crumb mixture and the remaining oysters.
4. Combine milk and oyster liquor and pour over the top.
5. Sprinkle remaining crumbs over the top and sprinkle with paprika.
6. Bake in a moderate oven (375° F.) for 30 minutes.

d. OYSTER STEW.

100 Servings
Portion: approximately 9 ounces or 1 cup

Ingredients	Weights	Measures
Oysters and liquor	3 gallons	
Butter or other fat	2 pounds	1 No. 56 dipper
Milk, hot	4 gallons	16 No. 56 dippers
Salt	2½ ounces	5 mess kit spoons
Pepper		2/3 mess kit spoon
Paprika		1 mess kit spoon

1. Remove any pieces of shell that may remain among the oysters.
2. Heat the oysters in their own liquor for about 5 minutes, or until the edges begin to curl.
3. Add butter, seasoning, and hot milk. Serve immediately.

10. PURCHASING SHRIMP.—Shrimp may be purchased in three forms: fresh, cooked, and canned. Fresh or cooked shrimp should either be refrigerated, packed in ice, or kept frozen to insure freshness.

a. Fresh shrimp.—Fresh shrimp are greenish in color and are sold by the pound, either chilled or frozen. The head and thorax are removed. Shrimp are graded according to the number per pound, as follows:

Grade	*Number per pound*
Jumbo	Under 25
Large	25 to 30
Medium	30 to 42
Small	42 and over

b. Cooked shrimp.—Cooked shrimp are sold by the pound with heads and shells removed. The cooked meat is pink in color.

c. Canned shrimp.—Canned shrimp are usually sold in No. 1 Picnic cans containing 7 ounces net weight of shrimp. Generally speaking, canned shrimp may be used interchangeably with cooked shrimp. Canned shrimp should have a characteristic salty odor. The meat should be light pink. An offensive odor and dark, discolored meat usually indicate improper handling prior to canning.

d. Quantity to purchase.—In buying shrimp for a hundred persons, allow 30 pounds of fresh shrimp, 15 pounds of cooked shrimp, or 30 No. 1 cans of shrimp.

11. PREPARING SHRIMP.—*a. Boiling.*—Wash shrimp in the shell in cold water, then drop rapidly into boiling salted water (one mess kit spoon of salt to each quart). Boil 15 to 20 minutes. Drain and plunge into cold water to cool quickly.

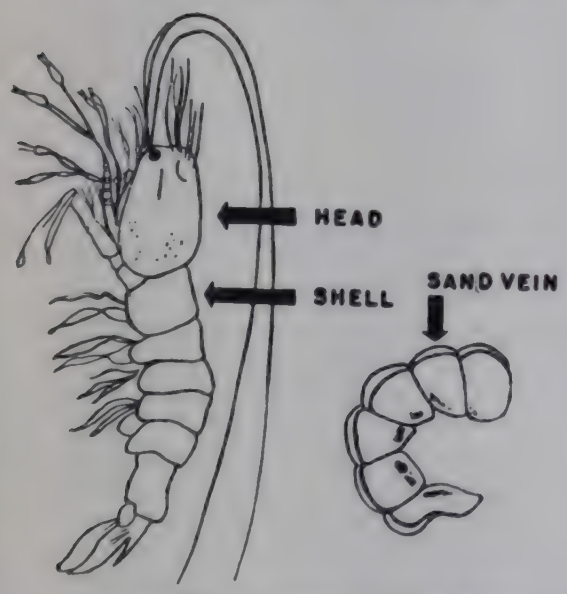

Figure 21.—Shrimp: left, whole; right, after peeling.

b. Cleaning.—Peel the shells from the cooked shrimp. Make a cut along the outside curvature, remove the so-called black or sand vein, and wash.

12. RECIPES FOR SHRIMP.—

a. FRENCH FRIED SHRIMP.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Shrimp, fresh	30 pounds	
Salt	2½ ounces	5 mess kit spoons
Eggs, beaten	1 dozen	1 No. 56 dipper
Water, cold	½ pint	¼ No. 56 dipper
Bread crumbs	2 pounds	2 No. 56 dippers
Flour	2-2/3 pounds	2 No. 56 dippers

1. Remove shells and sand vein, and wash shrimp.
2. Cut them lengthwise almost all the way through, and salt on both sides.
3. Dip the shrimp in well-beaten eggs to which water has been added.
4. Roll shrimp in a mixture of bread crumbs and flour.
5. Fry in deep fat heated to 350° F. for about 3 minutes, or until golden brown.
6. Drain on absorbent paper.

b. SHRIMP COCKTAIL.

100 Servings
Portion: approximately 3½ ounces or ⅓ cup

Ingredients	Weights	Measures
Shrimp, cooked	15 pounds	
Catsup	2 quarts	2 No. 56 dippers
Vinegar or lemon juice	1 pint	½ No. 56 dipper
Celery, diced	1 pound	1 No. 56 dipper
Horseradish	½ pint	¼ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Tabasco sauce		1 mess kit spoon
Lettuce		

1. Clean the shrimp by removing any pieces of shell and the sand vein running along the back.
2. Chill and place in a lettuce cup.
3. Make a sauce by mixing the remaining ingredients together.
4. Immediately before serving, put sauce on cocktails.

Figure 22.—Shrimp cocktails.

c. SHRIMP SALAD.

100 Servings
Portion: approximately 5 ounces or 1 cup

Ingredients	Weights	Measures
Shrimp, cooked	16 pounds	
Celery, chopped	8 pounds	8 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Lemon juice		6 mess kit spoons
Eggs, hard-boiled	3 dozen	
Pickles, chopped	2 pounds	1½ No. 56 dippers
Mayonnaise or salad dressing	4 pounds	2 No. 56 dippers
Lettuce		

1. Chill shrimp and cut into cubes.
2. Mix with celery, pickles, lemon juice, chopped eggs, and salt.
3. Add mayonnaise and mix.
4. Serve on crisp lettuce and garnish with slices of hard-boiled eggs.

Figure 23.—Shrimp salads.

d. SHRIMP CREOLE WITH RICE.

100 Servings
Portion: approximately 9½ ounces or 1 cup

Ingredients	Weights	Measures
Shrimp, raw	20 pounds	
Onions, chopped	2 pounds	2 No. 56 dippers
Celery, chopped	1 pound	1 No. 56 dipper
Green pepper, chopped	1 pound	1 No. 56 dipper
Butter or other fat	1 pound	½ No. 56 dipper
Flour	5 ounces	¼ No. 56 dipper
Tomatoes	2½ No. 10 cans	8 No. 56 dippers
Salt	2½ ounces	5 mess kit spoons
Worcestershire sauce	2½ ounces	5 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Rice, dry	6 pounds	3 No. 56 dippers

1. Cover shrimp with boiling salted water.
2. Cook for 15 minutes, drain, and plunge into cold water to cool quickly.
3. Remove shell; remove black vein with a sharp-pointed knife.
4. Fry onions, celery, and green pepper in melted fat till golden brown.
5. Add flour and tomatoes, and cook until smooth and slightly thick.
6. Add shrimp and seasoning, and heat.
7. Cook rice and drain.
8. Serve shrimp creole over rice.

13. PURCHASING CLAMS.— Clams may be purchased in three forms: live in the shell, shucked, and canned. The general criteria for buying clams are the same as for oysters. (See par. 7.)

14. CLEANING CLAMS.—*a.* First wash the clams thoroughly, discarding any broken-shelled, or dead clams. Partly opened shells indicate dead clams. To open a clam, hold it in the palm of one hand with the shell hinge against the palm. Insert a slender, strong, sharp knife between the shells and cut around the clam (fig. 24), twisting the knife slightly to pry open the shell. Cut the muscle free from the shell and remove the meat. Wash the meat to remove any remaining sand. The dark body mass is removed from most varieties of clams and the end of the siphon snipped off, after which the meat is again washed.

b. An alternate method is to place the clams, after washing, in a small quantity of boiling water. Cover and steam them from 5 to 10 minutes, or until they are partially open. Drain and remove the meat from the shells. Clean and wash the meat as directed above.

c. Still another method of opening clams, if a retort is available, is to

place the washed clams in the retort. The clams are steamed for about 10 minutes at 220° F. to 230° F. (3 to 5 pounds' pressure). Remove the meat from the shells, clean, and wash as directed above.

Figure 24.—Shucking clams.

15. RECIPES FOR CLAMS.—

a. NEW ENGLAND CLAM CHOWDER.

100 Servings

Portion: approximately 9 ounces or 1 cup

Ingredients	Weights	Measures
Bacon or salt pork, sliced	2 pounds	1⅓ No. 56 dippers
Onions, diced	2 pounds	2 No. 56 dippers
Potatoes, diced	6 pounds	4 No. 56 dippers
Water	8 pounds	4 No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Clams, diced	3 gallons	
Pepper	¼ ounce	1 mess kit spoon
Milk	2 gallons	8 No. 56 dippers
Flour	10 ounces	½ No. 56 dipper
Butter	8 ounces	¼ No. 56 dipper
Parsley, chopped		

1. Fry bacon until crisp and brown.
2. Add onions and cook until tender.
3. Cook potatoes in salted water for 10 minutes.
4. Add bacon, onions, clams, and pepper to potatoes; simmer for 30 minutes.
5. Heat the milk and thicken slightly with flour.
6. Just before serving, add hot milk and butter and simmer 5 minutes longer.
7. Sprinkle finely chopped parsley on top, and serve with crackers.

Figure 25.—Manhattan clam chowder.

b. MANHATTAN CLAM CHOWDER.

100 Servings
Portion: approximately 9 ounces or 1 cup

Ingredients	Weights	Measures
Bacon or salt pork, diced	2 pounds	1⅓ No. 56 dippers
Onions, diced	2 pounds	2 No. 56 dippers
Celery, diced	2 pounds	2 No. 56 dippers
Potatoes, diced	6 pounds	4 No. 56 dippers
Water	8 pounds	4 No. 56 dippers
Salt	2 ounces	4 mess kit spoons
Clams, diced	3 gallons	
Pepper	¼ ounce	1 mess kit spoon
Tomatoes, strained	2 No. 10 cans	
Butter	8 ounces	¼ No. 56 dipper
Parsley, chopped		

1. Fry bacon until crisp and brown.
2. Add onions and celery, and fry till tender.
3. Cook potatoes in salted water for 10 minutes.
4. Add bacon, onions, celery, tomatoes, clams, and pepper to potatoes; simmer for 30 minutes.
5. Just before serving, add butter and simmer 5 minutes longer.
6. Sprinkle finely chopped parsley on top; serve with crackers.

16. PURCHASING LOBSTERS.—Lobsters may be purchased in four forms: live, cooked in the shell, lobster meat, and canned meat.

a. Live lobster.—Lobsters, like most shellfish, must be alive up to the moment of cooking. The normal color of live lobsters varies from a dark bluish green to a brownish olive. The weight varies from ¾ pound to 3 pounds. True lobsters have large claws. The foregoing description is not applicable to the sea crayfish or spiny lobster, from which the tail is removed to be used as food. Spiny-lobster tails usually are sold in the frozen state.

b. Cooked in the shell.—Cooked lobsters, which are red in color, are a specialty item not generally found on the market in large quantities.

c. Lobster meat.—The meat may be picked from cooked lobsters and chilled. Like whole cooked lobster, it is a specialty item usually not found on the market in quantity. The meat is usually sold by the pound.

d. Canned lobster meat—Since no lobster is canned in this country, canned lobster meat is another specialty product available for purchase only in limited quantities.

e. Quantity to purchase.—In buying live or cooked lobster in the shell, allow 50 to 70 pounds per 100 servings. One hundred spiny-lobster tails or 15 pounds of lobster meat will serve the same number.

17. PREPARING LOBSTERS.—*a. Boiling.*—Pick up the lobster behind the head, or take it up with tongs, and plunge it headfirst into a large kettle of briskly boiling salted water (1 mess kit spoon of salt to each quart). Cover and boil for 20 or 30 minutes, but be careful not to overcook since overcooking renders the meat tough and stringy. When cooked, plunge into cold water, drain, and cool. Place the lobster on its back, and with a sharp-pointed knife or shears make a deep cut the entire length of the body, starting at the mouth. Remove the black-colored intestine which runs from head to tail, as well as the sac, commonly called the "lady", near the head. Remove body meat, break the claws with a mallet and pick the meat from them. If desired, the tail section may be cut off and served in the shell after being split lengthwise.

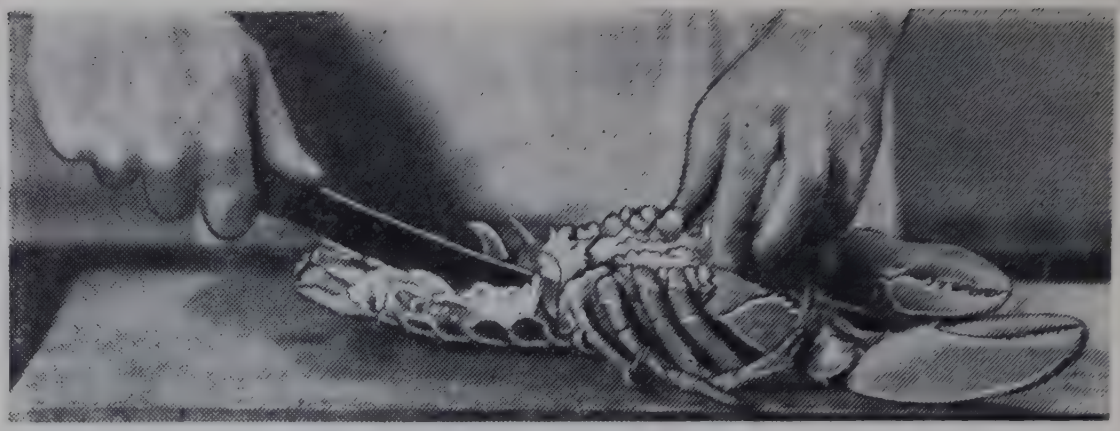

Figure 26.—Cleaning lobster.

b. Cold boiled lobster.—Plunge the hot boiled lobster into cold water, drain, and chill before splitting. Serve with mayonnaise.

c. Lobster meat in creamed dishes or salads.—Lobster meat may be used for creamed dishes or salads. After boiling, cool in cold water, split and remove intestine as described above, remove body meat, break the claws with a mallet and pick the meat from them.

d. Broiled lobster.—Place the lobster on its back on a cutting board, and kill by inserting the point of a knife between the body shell and tail segment, cutting downward to break the spinal cord. Split from head to tail, and remove the intestines and the vein that passes through the center of the tail segment. Crack the claws with a hammer or mallet. Brush the flesh with melted butter; season with salt and pepper, if desired; and spread out flat on the broiler pan, flesh side up. Cook for 10 minutes, turn, and cook 10 minutes longer.

18. RECIPES FOR LOBSTERS.—

a. BROILED SPINY-LOBSTER TAILS.

100 Servings
Portion: one tail

Ingredients	Weights	Measures
Spiny-lobster tails	100	
Butter, melted	1 pound	½ No. 56 dipper
Salt	2 ounces	4 mess kit spoons
Pepper	⅛ ounce	½ mess kit spoon
Paprika	⅛ ounce	½ mess kit spoon

1. Clean, wash, and cut tails in half lengthwise.
2. Brush the flesh with melted butter; season with salt, pepper, and paprika.
3. Place on greased broiler rack and broil for 8 to 10 minutes on the flesh side, for 6 to 8 minutes on the shell side.
4. Serve with melted butter.

b. LOBSTER NEWBURG.

100 Servings
Portion: approximately 5½ ounces

Ingredients	Weights	Measures
Lobster meat	15 pounds	
Butter	1 pound	½ No. 56 dipper
Flour	5 ounces	¼ No. 56 dipper
Cream	2 gallons	8 No. 56 dippers
Egg yolks	4 dozen	
Salt	½ ounce	1 mess kit spoon
Cayenne pepper		Dash
Lemon juice	1 pint	½ No. 56 dipper
Paprika		
Toast		

1. Cut lobster meat into cubes, and cook in melted butter for 5 minutes.
2. Add flour. Gradually add cream, and bring mixture slowly to boiling point. Let it simmer gently for 2 to 3 minutes.
3. Add well-beaten egg yolks, salt, and cayenne pepper, and cook over very low heat for 2 minutes longer.
4. Add lemon juice, and remove from heat.
5. Serve on toast. Garnish with paprika.

Note: For crab Newburg use crab meat instead.

c. LOBSTER SALAD.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Lobster meat	15 pounds	
Gelatin	4 ounces	16 mess kit spoons
Water, cold	1 quart	1 No. 56 dipper
Mayonnaise	6 pounds	3 No. 56 dippers
Celery, diced	3 pounds	3 No. 56 dippers
Apples, diced	3 pounds	3 No. 56 dippers
Lemon juice	1 pint	½ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Paprika		Dash
Lettuce		

1. Soak gelatin in cold water for 5 minutes, and dissolve over boiling water.
2. Add to mayonnaise, and whip till stiff.
3. Fold in lobster meat, celery, apples, and seasonings.
4. Place in wet pans and chill.
5. Cut into squares. Serve on lettuce with mayonnaise.

19. PURCHASING CRABS.—Crabs may be purchased in four forms: live, cooked in the shell, crab meat, and canned meat.

a. Live crabs.—Crabs are generally sold individually and must remain alive up to the time of cooking. This applies to both hard- and soft-shell crabs.

b. Cooked in the shell.—Hard-shell crabs may be purchased already cooked. Care should be exercised to select only those that have been kept under refrigeration or iced from the time of cooking.

c. Crab meat.—The meat is picked from cooked crabs, handled chilled, and sold by the pound. As crab meat is very perishable, it should either be refrigerated or packed in ice, both before and after purchase, to insure freshness. It is available in the following forms:

(1) *Lump meat.*—Lump meat comes from the large muscles that operate the swimming legs or back fins. Sometimes known as "special" or back-fin lump, this is the best grade of meat of the blue crab. The meat is white in color.

(2) *Flake meat.*—Flake meat is the remaining portion of the body meat; it is also white in color.

(3) *Body and leg meat.*—The meat of the Dungeness or Pacific crab is taken from both body and legs. It is a good grade of meat, pinkish white in color.

(4) *Claw meat.*—The meat is removed from the claws of blue crabs, it is brownish in color.

d. Canned crab meat.—Canned crab meat is usually available in No. ½ Flat cans containing approximately 6½ ounces, net weight of meat. Generally speaking, canned crab meat may be used interchangeably with chilled, cooked crab meat. Canned crab meat should have a characteristic salty odor. Even the slightest decomposition produces a penetrating, nauseating odor.

e. Quantity to purchase.—In providing for 100 persons, purchase 50 to 70 pounds of live crabs or crabs cooked in the shell, 200 soft-shell crabs. 15 pounds of crab meat, or 30 No. ½ cans of canned crab meat.

20. PREPARING CRABS.—*a. Hard-shell crabs.*—Crabs should always be boiled alive. Plunge crabs into actively boiling salted water (1 mess kit spoon of salt to each quart) and boil for 20 minutes; or steam for 20 minutes at a temperature within the range of 212° to 220° F. Crabs turn red during cooking. As boiled crabs are rarely served hot, they may be plunged into cold water after cooking and before the meat is removed. Break off the legs, claws, and flap or "apron." Force shells slightly apart

by wedging a strong knife into the opening made by removing the flap. Lay aside the knife, insert thumbs in the opening between the shell halves, and pull the upper shell away from the lower shell. Remove spongy substance (gills, stomach, and intestines), and wash the body cavity. Tap each half firmly against the inside of the dish in which the meat is being collected. Most of the meat will fall out of the shell in a solid piece; the remainder can be readily picked out with a fork, or the body of the crab may be sliced in order to expose the meat not easily reached. With a mallet, crush the claws and legs sufficiently to open them and remove the meat.

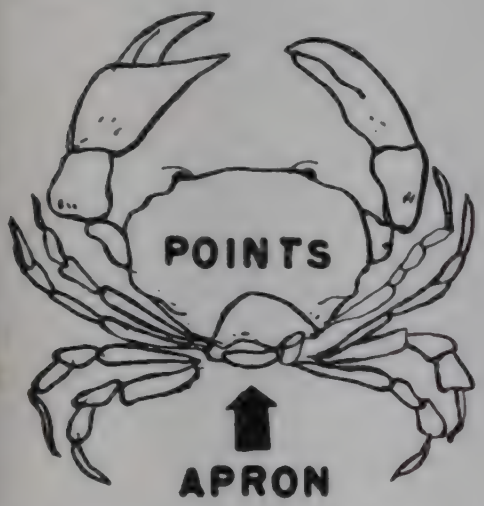

Figure 27.—Hard-shell crab.

b. Soft-shell crabs. — The commercial soft-shell crab is usually the blue crab, caught immediately after molting and before the new shell has hardened. Use only live crabs. With a sharp knife, cut off the apron or flap that folds under the rear of the body. Turn the crab and cut off the face at a point just back of the eyes. Lift each point at the sides; with the fingers clean out the gills, and wash the crab in cold water. The entire body, including the legs and claws, is eaten.

21. RECIPES FOR CRABS.—

a. FRIED SOFT-SHELL CRABS.

100 Servings
Portion: two crabs

Ingredients	Weights	Measures
Soft-shell crabs	200	
Salt	2½ ounces	5 mess kit spoons
Eggs	2 dozen	
Water	1 pint	½ No. 56 dipper
Bread crumbs	3 pounds	3 No. 56 dippers
Flour	4 pounds	3 No. 56 dippers

1. Dress crabs as above.
2. Salt each crab on both sides.
3. Dip crabs in well-beaten eggs to which water has been added.
4. Roll crabs in mixture of bread crumbs and flour.
5. Fry each side in deep fat heated to 360° F. for about 3 minutes, or until golden brown.
6. Drain on absorbent paper.
7. Serve with a tartar sauce.

b. CRAB COCKTAIL.

100 Servings
Portion: approximately 3¼ ounces or 2/5 cup.

Ingredients	Weights	Measures
Crab meat, flaked	15 pounds	
Catsup	2 quarts	2 No. 56 dippers
Vinegar or lemon juice	1 pint	½ No. 56 dipper
Celery, finely chopped	1 pound	1 No. 56 dipper
Horseradish	½ pint	¼ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Tabasco sauce		1 mess kit spoon
Lettuce		

1. Remove any shell or cartilage from crab meat.
2. Chill and place in a lettuce cup.
3. Make sauce by mixing remaining ingredients together.
4. Immediately before serving put sauce on cocktails.

c. DEVILED CRABS.

100 Servings
Portion: approximately 5 ounces

Ingredients	Weights	Measures
Crab meat	18 pounds	
Butter	1 pound	½ No. 56 dipper
Flour	20 ounces	1 No. 56 dipper
Milk	1 gallon	4 No. 56 dippers
Eggs, beaten	1 dozen	½ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Cayenne pepper		⅙ mess kit spoon
Mustard	¾ ounce	3 mess kit spoons
Worcestershire sauce	1 ounce	2 mess kit spoons
Bread crumbs	2 pounds	2 No. 56 dippers

1. Examine crab meat for any cartilage or shell.
2. Make a white sauce of butter, flour, and milk.
3. Add beaten eggs and seasonings, and mix well.
4. Mix in the crab meat. Place the mixture in thoroughly cleaned and scrubbed crab shells, or in a greased baking pan.
5. Sprinkle with bread crumbs.
6. Bake in a moderate oven (375° F.) for about 10 minutes, or until brown.

d. CRAB CAKES.

100 Servings
Portion: approximately 5 ounces or two cakes

Ingredients	Weights	Measures
Crab meat	24 pounds	
Butter or other fat	1½ pounds	¾ No. 56 dipper
Onions, chopped	¾ pound	¾ No. 56 dipper
Bread crumbs	3 pounds	3 No. 56 dippers
Eggs, well beaten	2 dozen	1 No. 56 dipper
Mustard, dry	2 ounces	8 mess kit spoons
Salt	2 ounces	4 mess kit spoons
Pepper	½ ounce	2 mess kit spoons
Flour	20 ounces	1 No. 56 dipper

1. Remove any shell or cartilage from the crab meat.
2. Melt butter, add onions, and cook until yellow.
3. Mix crab meat, cooked onions, bread crumbs, eggs, and seasoning.
4. Form into small cakes, and roll in flour.
5. Fry in fat until brown, and serve with a sauce.

Note: Cakes may be breaded and fried in deep fat at 375° F. for 4 minutes, or until brown.

e. CRAB SALAD.

100 Servings
Portion: approximately 5 ounces or ⅞ cup

Ingredients	Weights	Measures
Crab meat	15 pounds	
Celery, chopped	4 pounds	4 No. 56 dippers
Cucumber, chopped	4 pounds	4 No. 56 dippers
Eggs, hard-boiled	2½ dozen	2½ No. 56 dippers
Pickles, chopped	1 pound	1¼ No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Lemon juice	½ pint	¼ No. 56 dipper
Mayonnaise or salad dressing	4 pounds	2 No. 56 dippers
Lettuce		

1. Remove any shell or cartilage from the crab meat.
2. Mix meat with celery, cucumber, eggs, pickles, salt, and lemon juice.
3. Add mayonnaise and mix.
4. Serve on crisp lettuce leaves, and garnish with slices of hard-boiled eggs and pickles.

SECTION IV

FISH SAUCES, STUFFINGS, AND GARNISHES

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22. GENERAL.—*a.* Many people like the natural flavor of fish and shellfish, without any sauces added. Others find the conventional few drops of lemon juice insufficient and prefer the additional flavoring of particular sauces.

b. The benefits obtained from the use of sauces with sea foods are threefold. The savory fragrance of the sauces adds new flavor to stimulate the appetite. Their color contrast tempts the eye and the palate. Finally, their richness adds to the food value of any sea food which may be low in fat content.

c. Choose a sauce to accentuate the fine qualities in fish. The right sauce blends with the natural flavor of fish, rather than disguising or concealing it.

23. RECIPES FOR SAUCES AND STUFFING.—

a. WHITE SAUCE.

100 Servings

Portion: approximately 1½ ounces or 3 mess kit spoons

Ingredients	Weights	Measures
Butter or other fat	1 pound	½ No. 56 dipper
Flour	10 ounces	½ No. 56 dipper
Milk	1 gallon	4 No. 56 dippers
Salt	½ ounce	1 mess kit spoon
Pepper		⅓ mess kit spoon

1. Melt fat, add flour, and stir until smooth.
2. Scald milk and add gradually to fat mixture, stirring constantly.
3. Add seasoning and cook until thick and smooth.

Note: This plain sauce may be used as a base for other sauces.

b. CHEESE SAUCE.

Add 2 pounds grated cheese to the recipe for white sauce.

c. EGG SAUCE.

Add 1½ dozen hard-boiled eggs, chopped, to the recipe for white sauce.

d. QUICK TARTAR SAUCE.

100 Servings

Portion: approximately 1½ ounces or 3½ mess kit spoons

Ingredients	Weights	Measures
Mayonnaise or salad dressing	8 pounds	4 No. 56 dippers
Pickle relish	2½ pounds	2 No. 56 dippers

1. Combine mayonnaise and pickle relish, and mix well. Chill.
2. Serve with fish or shellfish.

Figure 28.—Fillet served with tartar sauce and lemon.

e. TARTAR SAUCE.

100 Servings

Portion: approximately 1½ ounces or 3½ mess kit spoons

Ingredients	Weights	Measures
Capers (optional)		8 mess kit spoons
Olives, stoned, chopped (optional)	2/3 pound	½ No. 56 dipper
Pickles, finely chopped	2/3 pound	½ No. 56 dipper
Parsley, finely chopped		¼ No. 56 dipper
Onions, finely chopped	¼ pound	¼ No. 56 dipper
Mayonnaise or salad dressing	8 pounds	4 No. 56 dippers

1. Combine capers, olives, pickles, onions, and parsley.
2. Stir into mayonnaise and mix well. Chill.
3. Serve with fried fish or shellfish.

f. CUCUMBER DRESSING.

100 Servings

Portion: approximately 1 ounce or 3 mess kit spoons

Ingredients	Weights	Measures
Cucumbers, diced	3 pounds	2¼ No. 56 dippers
Mayonnaise or salad dressing	5 pounds	2½ No. 56 dippers
Salt	¾ ounce	1½ mess kit spoons
Pepper	⅛ ounce	½ mess kit spoon
Paprika	¼ ounce	1 mess kit spoon
Lemon juice	3½ ounces	7 mess kit spoons

1. Peel, finely dice, and drain cucumbers.
2. Combine with other ingredients, and mix well.
3. Chill and serve.

g. LEMON BUTTER.

100 Servings

Portion: approximately ½ ounce or 1 mess kit spoon

Ingredients	Weights	Measures
Butter	3 pounds	1½ No. 56 dippers
Lemon juice	4 ounces	8 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon

1. Melt butter, being careful not to burn.
2. Beat in the lemon juice and pepper.
3. Serve hot.

h. DRAWN BUTTER.

100 Servings

Portion: approximately 1½ ounces or 3 mess kit spoons

Ingredients	Weights	Measures
Butter or other fat	2 pounds	1 No. 56 dipper
Flour	10 ounces	½ No. 56 dipper
Water or fish stock	1 gallon	4 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Pepper	⅙ ounce	2/3 mess kit spoon
Lemon juice	6 ounces	12 mess kit spoons

1. Melt half the butter, and blend in the flour.
2. Gradually add water and cook until thick, stirring constantly.
3. Add seasoning, and mix well.
4. Add remaining butter in small pieces.
5. Serve hot.

I. MOCK HOLLANDAISE SAUCE.

100 Servings

Portion: approximately 1½ ounces or 3 mess kit spoons

Ingredients	Weights	Measures
Butter or other fat	¾ pound	⅓ No. 56 dipper
Flour	10 ounces	½ No. 56 dipper
Milk	1 gallon	4 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Paprika	¼ ounce	1 mess kit spoon
Lemon juice	½ pint	¼ No. 56 dipper
Eggs	1¼ dozen	

1. Melt half the butter, and blend in the flour.
2. Gradually add milk and cook until thick, stirring constantly.
3. Add seasonings and pour over beaten egg, stirring constantly.
4. Add remaining butter, a little at a time, beating well into the sauce.
5. Serve hot.

J. TOMATO SAUCE.

100 Servings

Portion: approximately 2½ ounces or 5 mess kit spoons

Ingredients	Weights	Measures
Tomatoes, canned	2½ No. 10 cans	8 No. 56 dippers
Onions, chopped	½ pound	½ No. 56 dipper
Salt	1½ ounces	3 mess kit spoons
Pepper	¼ ounce	1 mess kit spoon
Butter or other fat	1 pound	½ No. 56 dipper
Flour	10 ounces	½ No. 56 dipper

1. Simmer tomato, onions, salt, and pepper together for 10 minutes.
2. Gradually add the tomato mixture to the combined flour and melted fat.
3. Cook until thick, stirring constantly.
4. Serve with fish.

k. SPANISH SAUCE.

100 Servings

Portion: approximately 1½ ounces or 3 mess kit spoons

Ingredients	Weights	Measures
Onions, chopped	8 ounces	½ No. 56 dipper
Celery, chopped	2 pounds	2 No. 56 dippers
Green peppers, chopped	8 ounces	½ No. 56 dipper
Butter or other fat	8 ounces	¼ No. 56 dipper
Tomatoes, canned	1 gallon	4 No. 56 dippers
Salt	1 ounce	2 mess kit spoons
Pepper		⅓ mess kit spoon
Cayenne pepper		A few grains
Flour	5 ounces	¼ No. 56 dipper

1. Melt the fat; add the onions, celery and green pepper; and fry until vegetables are brown.
2. Add the tomatoes and seasoning, and simmer slowly until vegetables are tender.
3. Add a small amount of water to the flour; stir until smooth; add this mixture to the sauce and cook until slightly thick.
4. Serve as a sauce with fish.

l. LAMAZE SAUCE.

100 Servings

Portion: approximately 2 ounces or 4 mess kit spoons

Ingredients	Weights	Measures
Mayonnaise or salad dressing	8 pounds	4 No. 56 dippers
Catsup	1 quart	1 No. 56 dipper
Pickle relish	1¼ pounds	1 No. 56 dipper
Eggs, chopped (optional)	1½ pounds	1 No. 56 dipper

1. Combine mayonnaise, catsup, pickles, and eggs, and mix well. Chill.
2. Serve with fish or shellfish.

m. SHELLFISH COCKTAIL SAUCE.

100 Servings

Portion: approximately 1 ounce or 2 mess kit spoons

Ingredients	Weights	Measures
Catsup	2 quarts	2 No. 56 dippers
Vinegar or lemon juice	1 pint	½ No. 56 dipper
Celery, finely chopped	1 pound	1 No. 56 dipper
Horseradish, grated	½ pint	¼ No. 56 dipper
Salt	1 ounce	2 mess kit spoons
Tabasco sauce		1 mess kit spoon

1. Make sauce by mixing all the ingredients together.
2. Serve with shellfish cocktails.

Figure 29.—Shrimp cocktail served with sauce.

n. BREAD STUFFING.

100 Servings

Portion: approximately 1½ ounces

Ingredients	Weights	Measures
Onions, chopped	½ pound	½ No. 56 dipper
Celery, chopped	½ pound	½ No. 56 dipper
Butter or other fat, melted	2 pounds	1 No. 56 dipper
Bread crumbs, soft	8 pounds	16 No. 56 dippers
Lemon juice	½ pint	¼ No. 56 dipper
Salt	1¼ ounces	2½ mess kit spoons
Pepper	⅛ ounce	½ mess kit spoon
Poultry seasoning (optional)	1 ounce	4 mess kit spoons
Parsley, chopped (optional)	6 ounces	½ No. 56 dipper

1. Fry onions and celery in fat until tender but not brown.
2. Combine bread crumbs, lemon juice, seasonings, onions, celery, and fat. Mix well. If too dry, a small amount of water may be added.

24. GARNISHES.—The value of garnishes is not fully realized. A dash of color or a touch of garnish can turn a plain dish into an attractive and appetizing one. The most common garnishes are listed below together with suggested methods of preparation:

Garnish	*Suggested preparation*
Beets	Cooked, whole or sliced.
Carrots	Tops, sticks, curls, or shredded.
Celery	Tops, hearts, sticks, or curls.
Cucumbers	Slices or sticks.
Green or red peppers	Strips or rings.
Hard-boiled eggs	Slices, wedges, deviled, or grated yolks.
Lemons	Slices or wedges.
Lettuce	Leaves or shredded.
Paprika	Sprinkled sparingly.
Parsley	Sprigs or chopped.
Pickles	Sweet, dill, or sour. Whole, sliced, or chopped
Radishes	Whole, slices, or roses.
Water cress	Sprigs or chopped.

SECTION V

FOOD VALUE OF FISHERY PRODUCTS

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25. NUTRITIVE ELEMENTS.—*a. General.*—Fishery products rank high in nutritive values, since they are excellent sources of highly digestible proteins and contain essential minerals, vitamins, and fats, as indicated below. The National Nutrition Committee recommends that everyone eat at least one serving of fish, meat, or poultry every day for better health. See table II for a comparison of the food values of salmon, beef, and chicken.

b. Proteins.—Proteins are utilized by the body to build muscle and body tissue. About 20 percent by weight of the edible portion of fishery products is high quality animal protein. Proteins of fishery products are complete; that is, they contain all of the amino acids required for growth and maintenance of the body. About one-third of the total daily protein intake should come from animal sources, in order to balance the less efficient proteins of cereals and vegetables. An average serving of fish or shellfish will supply sufficient animal protein to satisfy the daily requirement. The protein of fishery products is about 85 to 90 percent digestible.

c. Minerals.—Minerals are essential to the performance of certain specific functions in the body. For instance, calcium and phosphorus are necessary for the development and growth of the body, and for the growth and maintenance of bones and teeth. Iron and copper are required in the treatment and prevention of nutritional anemia. Iodine permits the proper functioning of the thyroid gland. Magnesium is essential for the growth of bones and necessary for the proper metabolism of the tissue. In general, the mineral content of fish is quite similar to that of beef, except that the iodine content is greater in fish. The edible portions of most fish are satisfactory sources of magnesium, phosphorous, iron, copper, and iodine. Shellfish, such as oysters, shrimp, and crab meat, contain approximately half as much calcium, five times the amount of magnesium, and more phosphorous than an equal weight of milk. These fishery products are also particularly good sources of iron, copper, and iodine. The bones in canned fishery products, which are softened and thus may be eaten, are a good source of calcium and phosphorus. Since it contains soluble minerals, the liquid in canned, brine-packed fishery products should be mixed with the flesh in preparation for cooking.

d. Vitamins.—Vitamins are essential to life, health, and growth, and are important body-regulating substances. Fatty fishes, such as salmon and mackerel, are excellent sources of vitamins A and D. In addition, fish and shellfish contain thiamin, riboflavin, and niacin. An average portion

of fatty fish will supply about 10 percent of the daily allowance of vitamin A and the entire allowance of vitamin D. An average serving of most fishery products will supply about 20 percent of the daily allowance of thiamin, about 15 percent of the daily allowance of riboflavin, and about 50 percent of the daily allowance of niacin. The oil found in cans of brine-packed fish, such as salmon, should be used, for it is a valuable source of vitamins A and D.

TABLE II

APPROXIMATE NUTRITIVE VALUE OF THE EDIBLE PORTIONS OF CERTAIN FOODS*

Meat, fish, and poultry	Calories	Protein (grams)	Fat (grams)	Calcium (milligrams)	Phosphorus (milligrams)	Iron (milligrams)	Vitamin A I. U.	Thiamin (milligrams)	Riboflavin (milligrams)	(milligrams) Niacin
Salmon, fresh	218	17.4	16.5	13	242	1.0	290	.21	.14	7.10
Beef, boneless	268	17.5	22.0	10	187	2.6	40	.08	.21	4.52
Chicken, roasters	194	20.2	12.6	16	218	3.2	5	.10	.20	7.40
Salmon, canned	169	20.6	9.6	67	289	.9	290	.02	.16	7.82
Beef, roast, canned	164	25.0	7.1	9	164	3.3	40	.02	.24	5.46
Chicken, boned, canned	192	29.7	7.9	16	218	3.2	5	.01	.16	4.84

*On basis of 100 grams.

e. Fats.—Fats are used by the body to produce heat and energy. The fat content of fishery products varies with the kind of fish and the season of the year. The fat content of lean fish is as low as one-half of 1 percent, while the fatter varieties may contain 20 percent or more. All shellfish are fairly low in fat content. The fat is found to be very digestible.

TABLE III

QUANTITY OF FISH REQUIRED FOR ONE HUNDRED PERSONS

Item	Quantity
Fish, whole	90 pounds
Fish, dressed	45 pounds
Fish, fillets or steaks	30 pounds
Fish, canned, No. 1 Tall, 1 pound	20 cans
Oysters, in the shell	2½ bushels
Oysters, shucked	3 gallons
Oysters, canned, No. 1 Picnic, 7½ ounces drained weight	30 cans
Shrimp, in the shell	30 pounds
Shrimp, cooked meat	15 pounds
Shrimp, canned, No. 1 Picnic, 7 ounces drained weight	30 cans
Clams, in the shell	2½ bushels
Clams, shucked	3 gallons
Clams, canned, No. 1 Picnic, 7½ ounces drained weight	30 cans
Lobsters, live or cooked in shell	50 to 70 pounds
Lobster meat	15 pounds
Spiny-lobster tails	100 tails
Crabs, live or cooked in shell	50 to 70 pounds
Crab meat	15 pounds
Crabs, soft-shell	200 crabs
Crab meat, canned, No. ½ Flats, 6½ ounces net weight	30 cans

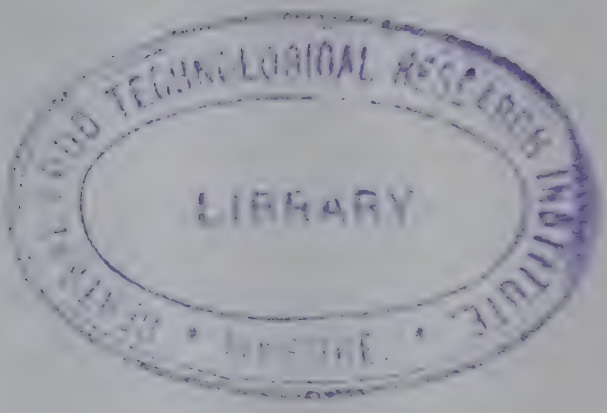
TABLE IV

RECONSTITUTION RATIOS OF SEVERAL DEHYDRATED FOOD PRODUCTS FOR USE IN FISH COOKERY

DEHYDRATED PRODUCT		ADDED WATER	YIELD
Dehydrated food	Weight (ounces)	Weight	
Eggs	5-1/3	14½ ounces	1 dozen
Lemon juice	1-1/2	1 pound	1 pint
Milk	1-1/4	1¾ pounds	1 quart
Onions	2-2/3	1⅙ pounds	1 pound (well-drained)
Potatoes	5-1/3	2 pounds	1 pound (well-drained)

NOTES

The following pages may be used for notes and additional recipes. If desired, they may be removed and inserted at other points in the volume.



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